

Waith Class Transcripts, Excerpts

DARK INFLUENCES AND DISTURBANCES

1987-1996

(Topics Include Mischievous Entities, Negative Energies, Protection for Self, Psychic Attacks, Satan, Sons of Darkness, Waith's Imposter)

- ∞ [Inquiry From A Mother About Her Two Sons / Their Powers / Channelling](#)
- ∞ [The Earth's Shift And The Sons Of Darkness](#)
- ∞ [A Discussion Of The Sons Of Darkness](#)
- ∞ [The Constant Battle Between The Light And The Dark ~ Asking For Protection](#)
- ∞ [Do Not Take Your Protection For Granted ~ You Must Ask ~ An Issue Of Free Will](#)
- ∞ [Inquiry About Feeling So Drained ~ Protecting Oneself From The Darkness](#)
- ∞ [The Importance Of Prayer In Dispersing The Sons Of Darkness](#)
- ∞ [A Question From Someone Who Is Having Out Of Body Experiences](#)
- ∞ [Learning To Fend Off Mischievous Entities ~ Each Entity Must Protect Themselves](#)
- ∞ [Psychic Attacks ~ What It Is ~ Why It Occurs ~ What Can Be Done About It](#)
- ∞ [Psychic Attacks ~ Growth Comes Only With Pain. This Is A Universal Truth](#)
- ∞ [Psychic Attacks ~ Not Viewed As Negative ~ They Are Opportunities To Grow](#)
- ∞ [Are Psychic Attacks Easy To Recognize?](#)
- ∞ [What About Psychic Attacks During Meditation? And Sleep?](#)
- ∞ [Psychic Attacks Can Cause Weakening Of Resolutions ~ Questionings Of Why](#)
- ∞ [Psychic Attacks And The Lesson Of Judgement Toward Others](#)
- ∞ [How To Send Light To Negative Energies In A Psychic Attack](#)
- ∞ [Negative Energies Pretending To Be Of The Light](#)
- ∞ [Possession ~ Negative Energies ~ Psychic Attack ~ Protecting Oneself ~ Exorcisms](#)
- ∞ [What About The Wearing Of A Blessed Scapula?](#)
- ∞ [The Use Of Concrete Aids Or Symbols For Protection](#)
- ∞ [Can Someone Become Vulnerable To Negative Energies During A Healing Session?](#)
- ∞ [Can Negative Energies Cause You Physical Harm Or Illness?](#)
- ∞ [The Ouija Board ~ Being A Parlor Game ~ Caution About Mischievous Entities](#)
- ∞ [Helping Someone Disperse The Darkness Surrounding Them ~ Waith Gives A Technique](#)
- ∞ [Psychic Attacks, And The Need To Have Confidence In Abilities To Handle Them](#)
- ∞ [An Entity Misrepresenting Himself As Waith ~ Waith Gives The Verbal Challenge To All](#)
- ∞ [A Question About Psychic Attacks](#)
- ∞ [Mischievous Entities ~ Adjusting Levels Of Protection As Your Vibration Increases](#)
- ∞ [Increasing Levels Of Protection As You Increase In Your Vibration](#)
- ∞ [The Simultaneous Sending Of White Light To Self And To Others](#)
- ∞ [Breaking The Cycle Of Negative Thinking ~ Habits Can Be Changed Into Positive](#)
- ∞ [Waith Discusses The Need To Have Group Meditations To Disperse Mischievous Entities](#)

- ∞ [Can We Hurt These Little Mischievous Ones By Sending Them Light?](#)
- ∞ [Waith Leads The Group Meditation For Dispersing Mischievous Entities](#)
- ∞ [Whenever An Illusion Is Presented To You That Has Fire In It, It Is Of The Dark](#)
- ∞ [The Issue Of Self Protection In The Dream State ~ And How A Member Handled That](#)
- ∞ [A Question To Susan About Several In The Group Having A Dream Of Waith's Imposter](#)
- ∞ [A Remedy For Weakening Of The Joints Resulting From Psychic Attacks](#)
- ∞ [The Issue Of "Sin" ~ Where The Darkness Can Come In And Entrap You](#)
- ∞ [A Discussion Of Those Who Have An Interest In The Darkness](#)
- ∞ [Discussion Of The Work Being Done By The Warrens, Who Are Of The Light](#)
- ∞ [A Daughter Connecting With Those Who Have A Fascination For Satan Worship](#)
- ∞ [A Discussion About Whether Waith Channels Through Others ~ Challenge His Imposter](#)
- ∞ [Psychic Attacks ~ You Need To Accelerate Your Protection As You Become Lighter](#)
- ∞ [Someone Experiencing A Psychic Attack While Drifting Off To Sleep From Meditation](#)
- ∞ [Psychic Attacks Can Work In Conjunction With Your Soul Requesting To Be Tested](#)
- ∞ [The Mission Of The Darkness Is To Destroy Terra Lux, A Major Pivotal Point](#)
- ∞ [Community Members Discuss Some Psychic Attacks And Sending Light To The Dark](#)
- ∞ [What Does The Dark Feel When They Are Touched By The Light? How Are They Helped?](#)
- ∞ [Defense Against The Darkness At This Time](#)
- ∞ [A Question About Spontaneous Human Combustion](#)
- ∞ [A Situation Of Mischievous Entities And The Need For More Protection Of White Light](#)
- ∞ [Meditation To Determine If Psychic Attacks Are Due To A Specific Problem](#)
- ∞ [Waith Reminds Of Protection Issues Regarding A Ring In Someone's Possession](#)
- ∞ [The Dark Is Not Lower Or Less Advanced Than The Light ~ It Is More Of An Attitude](#)
- ∞ [What Happens To Your Body If One Of The Forces Of Dark Grabs You?](#)
- ∞ [What Does Sometimes The Darkness Look Like?](#)
- ∞ [If You Feel A Focusing Of Negative Energies Coming Toward You, How Is It Best Handled?](#)

*Waith's Words, and the Spirit Group's Words, appear in this font style
(If a Spirit Group Member speaks, they will be identified)*

Class Member Questions/Comments appear in this font style
(Multiple responses from the class are preceded with this symbol ☼)

Inquiry From A Mother About Her Two Sons / Their Powers / Channelling
(August 06, 1987)

Can you give me some insight into the relationship of my two sons?

Relationship of two sons ~ most interesting. Your two sons are twin flames. They are each other's twin flames. And one is in this life in the gender that is not comfortable. They have chosen to come in together to help each other to deal with this uncomfortable gender ~ and grow. They are very much a part of each other. They are here in this lifetime specifically to be a part of each other almost to the point of selfishness where others are concerned. They block out everyone. They do not allow people to enter their vibration.

Recognize the special connection that twin flames have and that it is not to be presupposed that if twin flames meet on the earth plane that all will be wonderful. Twin flames have special missions when they meet on the earth plane together and their vibrations are exactly attuned ~ exactly ~ when they are on the earth plane, to the exclusion of those around many times. It will appear that they are living in their own little world. And they draw upon each other. They also work against each other at times as they test their energies.

They have been on the earth plane together in other lives, although as opposite genders. This is the first time that they have been of the same gender. They are on a path of growth, as all are, and they are progressing very nicely. They are at a level that might be considered a step above beginning. They have much work ahead of them. And they have chosen to spend several earth lives together in an effort to adjust to the earth plane and to get themselves going on their path. They will reach a time when it will not be necessary for them to be on the earth plane together ~ or, if they are on the earth plane at the same time, not to be together on the earth plane. They will have their own lessons and will not feel that they need to lean upon each other and to have that vibration. It is necessary that they do this, as they are now, to propel them along the path.

Your connection with them is a new one. You have been with both of them in one other lifetime. You were their father that time. And it was decided that you would try out this relationship as mother. The pattern of reincarnation for the three of you has not been established as yet, as it is with other entities who have established a pattern of reincarnation and keep coming back. It varies ~ interaction. This is all new, relatively speaking ~ the relationship. And you are, all three if you, testing to see if you indeed want to continue returning with each other in various relationships.

All entities do this. They test to see if they want to continue coming back in various relationships. There is not that, as you would say, karma between you. That has not been established yet. You have not behaved in a way that would accumulate karma, and therefore force you to return with each other. You have choices now. Does this answer some of your concerns? Is there anything further you would like to know about this?

Question about their powers.

To have those powers ~ they both have a developing ability toward telepathy ~ use of the mind. They are playing with it at the Soul Level currently in this lifetime. Their guides are watching them closely, because mental powers ~ telepathy, of all of the powers that souls have ~ is the most powerful, and therefore potentially the most destructive and can cause regression if used inappropriately ~ if abused. And they are very aware of this, and they are progressing slowly in the developing of their telepathic powers, because they are concerned that it could be used inappropriately.

There may be times when they will manifest this power or attempt to manifest it on the plane and test their abilities. Be reassured that they are very conscientious about the potential misuse of this ability. They are like children now, trying out a new toy. This is the only power, so called, at this point in their development, that they are developing. Your sons will have other powers that they will test out in future lifetimes, as they develop one. They are very conscientious about not taking on too much. We are most pleased with their attitude. Many souls are not as conscientious and take these powers and abuse them, and as a result of course cause their souls to not grow ~ to in fact regress. Power ~ it can be so dangerous. Nonetheless, they are doing things the right way. Does that answer your question?

Yes. Question about channelling.

There are situations where an individual Soul on the earth plane begins to open up their Centers of Awareness. And they do so without calling upon the highest entities ~ the Highest White Light. They do so very haphazardly. And they therefore open themselves up to be invaded by other entities who are of a lower vibration, whose ideals are not the highest, who are mischievous. Remember that there are many mischievous entities around. They are advanced ~ however, they are mischievous. And it becomes very important that an individual Soul not take lightly ~ not play, as you say, parlor games with all of this. This is something very serious that the white light ~ the love ~ the highest protection is called for when the opening up begins.

Once it begins, as with myself now, and through Mushiba, we protect her. She was tested in the beginning so that she would recognize the mischievous entities. And she was able to do so ~ and told them in her own marvelous way what they could do with themselves. So, there is no danger at this point for her being invaded by the mischievous entities, for we surround her and protect her, and that process of transition has occurred.

This is not always the case with those who would think this to be a game, and they are therefore susceptible to having malicious kinds of beings. Are you concerned about yourself, my dear?

(The response is inaudible)

They are, in this lifetime, as I explained earlier to you, opening up their awarenesses. They are testing their powers ~ this power of telepathy. And that means a connection with other dimensions ~ and that can be very frightening when it first begins and misunderstood. And until there is a control of that from the entity, the susceptibility is there to picking up the frequencies of lower vibrational entities and other dimensions.

What a soul needs to do is to be aware ~ and this is not always possible ~ to be aware of what is happening. And as I said, call upon the Highest Light for protection, and to continually surround yourself with protection, and block all the lower vibrational entities until such time as a pattern is established ~ or either the guide doing the blocking and protection, or bringing in a being who will in fact channel through who is of the light. Once that occurs where an entity of the light begins to speak through ~ when that occurs, then the protection is in place.

There must be a seriousness of purpose and not something that is to be deemed lightly. And we have a very serious mission here, and that is true of all who speak from this dimension ~ from this end to your end. Others who channel through are very serious about their missions and that is fine. They choose an entity whose vibration is harmonious with their own. It works very fine. We are very serious about what we are doing, although also lighthearted at the same time. It is very important.

So as far as your concern ~ if it is viewed in a frivolous manner, then yes, the susceptibilities are there for lower vibrational entities to enter in. That can be dangerous for the Soul because there are times when these entities will not want to leave, and the Soul ~ the entity ~ channel ~ will not be able to rid themselves. And then we have an entirely different situation, which is too complex to get into at this point. I will deal with that when it is something that we then have to deal with.

The Earth's Shift And The Sons Of Darkness

(August 13, 1987)

And so, the preparations will begin. They are beginning now at a spiritual level, and it will not be long before they will begin at a physical level. It is one thing to be prepared spiritually, my children. However, there needs to be concrete preparations. When this all occurs, you cannot be above the ground because of the disruptions. And this will come in time for our group as to those physical preparations. I will, when the time is right, begin to give you the information as to where you must be ~ and how you will prepare it ~ what you will do ~ what you will put into this facility ~ who will actually be with you ~ and how you will protect yourself from those Sons of Darkness who are here and who will attempt to take what you have and prevent you from going into safety.

They of course ~ and this is really the most amusing part ~ the Sons of Darkness think that if they can force their way into your shelter that they will be saved. You see it is really quite amusing, because they can be in your shelter, as I have said to you before, and if their vibration is not correct, they will have to ~ I will pull their soul right out of their body. So, the arrogance of the Sons of Darkness ~ we are going to clean the Earth this time. We are not fooling around. We have fooled around in the past. We are not doing so this time. We have watched this long enough. It will not be permitted.

And so, I will be giving you much information as time goes on. I will be moving about in Mushiba's body here and will be drawing graphs and things for you as descriptive. I am unable to do that at this point because of these adjustments that I spoke of earlier. Once we have gone through some of these ~ this final stage for Mushiba, it will enable me to then truly move about. And that will occur, as I had said earlier, in earth plane time, within a year, and then I will be able to graphically display to you some very important information.

What we are doing now is really play. I have very serious things to convey. And while I very much enjoy these sessions, I have a very, very, very serious mission here. And we will laugh about it. We will laugh about the Sons of Darkness because these are souls who we have tried our very best ~ the best of us ~ the masters ~ have tried to work with them, and their arrogance is beyond belief. And so, we must pull them out of the earth plane, and they will not be allowed to return for eons. We will not permit it. And they will be put on Work Planets, and there will be tremendous work that they will need to accomplish before we will allow them to come back onto the Earth and create such a deplorable situation as now exists. The earth plane should not be an arena of total unhappiness for those who come onto it. There should be some degree of pleasure. It was not meant by The Creative Force that this situation exists. And we, the Archangels, are now charged with the responsibility of cleaning up the mess.

I feel all these things are happening because, you know, about natural disasters that there is going to be something going on shortly, and I was just getting prepared for it, the understanding.

Do not fear it. There is nothing to fear here. The fear will be only in those who are not spiritually attuned, when they realize that all that has been said by these so-called lunatics ~ who they are referring to, these charlatans, these loony tunes ~ I love these words that are used ~ the last laugh, you see. Believe me, that those of us who are charged with this responsibility ~ and there are five of us ~ have things well under control. I am the leader of the five, and this will become evident as time goes on. There are many who are working toward preparing the Earth ~ and from many dimensions ~ and everybody is working toward the same goal. And it, as it begins to unfold, will be a most beautiful experience for those who believe and open up themselves to this. I will have much more to say about this as time progresses.

A Discussion Of The Sons Of Darkness (September 03, 1987)

Our mission is to get as many people attuned as we can. There are unfortunately many Sons of Darkness who come from the time of Atlantis ten thousand years ago who have not learned their lessons, and they are the ones who are responsible for the Earth having to cleanse itself, for they have brought with them the same conditions that necessitated Atlantis cleansing itself.

Why do you refer to them as Sons of Darkness?

There are those who have a philosophy that is dark. They have chosen to ignore the spiritual growth. They are surrounded with the darkness. It is a barrier that they have that does not allow the God Love to enter. We have worked with many of them, and there are many who are beginning to break down their barriers. That is part of our work ~ all who have an ability to break through the barrier that so many of those of the darkness have. It is a very difficult thing for us. It requires, in so many cases, the sending of the White Light from an individual to another individual, and prayer, and hoping to eventually pick away at the barrier and be able to at least have them want to break the barrier themselves. Only they can do it. We can help them to realize that they have the barrier, although only they can break through their own barrier. And so there will be many.

Sons of Darkness is a term that I bring from Atlantis, which is the way we referred to them at that time ~ those who attempted to destroy what I was doing ~ and what Mushiba was doing ~ in the temple. And so, I used that term based upon that reference point. They are simply souls who have lost their way, so to speak, have blocked themselves from seeing their connection with The Creator ~ seeing themselves as a part of The Creative Force. And they will continue to try and destroy those who do not subscribe to their way of thinking. You will recognize them in this lifetime. You already have, as those who would knock or try to destroy in any way those trying to teach love ~ those trying to teach others to be in touch with their Higher Self. The teaching of love undergoes much trial throughout the history of the Earth. It has always been attacked by those who are in darkness because it was a threat to their darkness. And it is no different now than it has been during all of Earth's history.

Why do they choose to stay in the darkness?

It is very comfortable for them. They are earthbound, if you will. Even though they may not have been on the earth plane for a number of years, it means that they do not have to go through the painful process of growth. In order to progress along the path to Oneness, one needs to experience pain, and by surrounding themselves with this so-called darkness, they are not growing and therefore they are not experiencing the pain that goes along with growth. It is much easier for them. They are taking an easy way.

Are they not really suffering though?

They are suffering only in that they are not progressing. Suffering takes on a very different definition at this end than it does on the earth plane. They suffer because they do not grow.

However, they are not experiencing pain as are those who are progressing. They actually, in the short term, if you will, are feeling nothing. However, in the long term, it will eventually catch up with them, because at some point they will have to go to a Work Planet and evaluate their behavior.

Is that like the Law of Karma?

It is not quite as simple as that. There is an element of what we might call karma. I like to refer to it as balancing rather than karma. It essentially means the same thing. Using the word balancing seems to be more understandable to people who do not really understand this word karma. As I have said before, balancing occurs as lessons are learned, and then an imbalance occurs as new ones are attempting to be learned.

And so, if a soul chooses not to progress along the path, then they are out of balance, and they will have to balance. And one of the lessons that they will need to learn will relate in fact to a breaking through of their darkness. For some that will take what could be an eternity ~ there is no ending. You must realize that eternity means no end. There is no end. And therefore, it is not for anyone to judge another soul in saying that they must balance themselves in a certain time or else they do not have a chance. This is not true. All souls have the possibility of balancing themselves and eventually becoming One with The Creative Force. There are a significant number who have chosen not to do this. They have rebelled very consciously against The Creative Force, and they just simply move around in eternity in almost what you would call a numb state. And this is eternity ~ a difficult concept for many to understand.

As you become more attuned to your Higher Self, you will have a memory of eternity, because when you are not on the earth plane ~ when you are in another dimension ~ there is an easier understanding of eternity. Do you understand, in your not understanding? Eternity is a long time indeed. However, if viewed in the right way, it should give you a feeling of lightness and rejoicing to know that you have forever. You can take the pressure off yourself. You do not have to do it all in this lifetime, my dear ones. You have forever to do it.

And when I speak of The Shift, it is only a moment on the earth plane. It is just part of lessons to be learned. The Earth has cleansed itself many, many times. This is nothing new. It is a necessary process to balance. The Earth has to balance just as entities need to balance. And you have all chosen to be here at this particular time for your own lessons to be learned ~ to help you in your own growth.

The Constant Battle Between The Light And The Dark ~ Asking For Protection (September 17, 1987)

However, be careful of those of the darkness, because there are many among you now ~ Sons of the Darkness. They will disguise themselves with those of the light. It is why you should continue,

all of you, to surround yourselves with the white light and protection and call upon your guides to protect you. All of your guides report to one of The Angelic Force, so you have at your disposal The Angelic Force at varying levels. You must be very vigilant in calling upon the White Light and the protection, because as you all begin to open yourselves spiritually, you make yourselves susceptible to those of the darkness who are very adept at disguising themselves. They are very powerful ~ some of them. They come from Atlantis ten thousand years ago and have not learned their lessons. And they have been allowed to come back in because it is part of the evolution of the entire earth plane that needs to occur, and lessons learned for many, many entities in battling against those of the darkness. All is not sunshine and light, my dear ones. There is a constant battle that occurs between the light and the dark.

**Do Not Take Your Protection For Granted ~ You Must Ask ~ An Issue Of Free Will
(September 17, 1987)**

I am here with my group of entities to help you in protecting yourselves and to make you ever vigilant, to be aware that as you become higher vibrationally that you must be even more aware of attacks upon you by those of the darkness. And you will know this. They will come in disguises of many types. Part of your lessons will be to recognize that they are not of the light. They will try to get you to, their way, because if they are able to get many entities into their corner, so to speak, they will have more leverage. It is important for all of you to not take for granted your protection, because free will is the issue here, and unless you ask us to help you, we will not interfere. We are able to protect only to a certain point without it being interference upon your own free will. All you need to do is to ask us.

You do not have to be in a meditative state to do this. Simply, if you meet someone for example who is causing you a disturbance, and you are not certain of this particular entity, and perhaps have reason to fear attack upon your soul, simply say to yourself, "I call upon the Highest White Light. Please protect me." And it will be there. Protection will be there at the Soul Level. It does not mean automatic physical protection. It is the Soul we are concerned about. And the more advanced a soul is becoming in a particular incarnation, the more susceptible to attack from those of the darkness. These are powerful souls who operate outside a spiritual context. Nonetheless, they are powerful. They are not spiritual. They have tremendous powers to attack the Soul. Do you all understand?

**Inquiry About Feeling So Drained ~ Protecting Oneself From The Darkness
(October 01, 1987)**

I have been with a group for about a year now. I am very new at things. It started out very enjoyable. And lately, I have been absolutely drained, totally physically drained, and I am a little baffled over it. Am I going about it wrong or doing something wrong?

We see a new energy who recently entered into this group of which you speak. This energy is not harmonious with the group. This entity is a disciple of the Darkness. You are feeling a drain on

your energies. What the disciples of the Darkness do is to go to those of the light and attempt to drain them, to take their energies away. You cannot hide yourself from all of the disciples of the Dark, any of you, my children. What you must learn to do is to protect yourself from them because you will not have, as we would say, the luxury of moving away from them. They will be in your work environment. They will be surrounding you in many different ways.

What you must do is to learn how to surround yourself with the protective White Light so that those disciples of the darkness are not able to penetrate this protective shield and therefore are not able to take your energies from you. They take them from you to use for their own purposes, to drain you, so that you become susceptible, and they can then attack your psychic being and weaken you spiritually so that you are not able to be a part of the Force of the White Light that will be needed when the battle ensues during The Shift.

Now it is a very easy thing to do to surround yourself, as I said to Hannah. Visualize the White Light within you and then you visualize the White Light around you. As you learn to be in touch with the God within you, and you are able to be in touch with your Higher Self, you will be able to protect yourself, stronger and stronger. Your guides are here to help you in this area. The reason that I encourage everyone to meditate and to be in touch with their guides is so that you can communicate with them and they can help you during this time frame that is coming to protect you. Your guides can protect you from the dark forces only at a certain level. You must learn to protect yourself also. If you are able to do this, you will not feel this energy drain. You can ask the help from others. You must all help each other to form protective shields around each other, and if one of you feels especially attacked, then call upon the others for some extra protection and that will fend off the attack.

Is it the last person that joined the group?

It is the last individual, the newest energy that has entered. This individual can be saved from the darkness.

How can I do that?

The Importance Of Prayer In Dispersing The Sons Of Darkness (October 01, 1987)

By praying to The Creative Force and asking The Creative Force to send in The Angelic Forces. It is a very simple thing to do. Simply ask and then we will assign The Angelic Force to help in the dispersion of the darkness around. What we will attempt to do is draw out the darkness and to pull away the negative energies so that this vibration then will be open to receiving positive energies, so would you all, to send visualization of White Light to this entity, along with the asking for help. This will help.

What you must know, however, is that an energy who is a disciple of one of the Sons of Darkness has at their disposal the power of the Son of Darkness, and the battles that go on between those of the light and those of the dark will be fought. Therefore, it is important that once you ask for help, that you send your own support in the form of prayer. We cannot emphasize enough the importance of prayer in dispersing the Sons of Darkness.

Whether you decide to stay with this group will be your choice. Perhaps it would be a good idea to try the things that I have suggested to you and to protect yourself, because you do enjoy this group, and if you are able to protect yourself, and at the same time begin to disperse the darkness surrounding this individual, then it will be beneficial for you to stay in the group. However, you must be careful. And if it is not possible, this does not happen, then you must protect yourself and think of your own Self and perhaps choose another direction in which you must go.

A Question From Someone Who Is Having Out Of Body Experiences (December 03, 1987)

I believe I am having out-of-body experiences. I am not really sure. In what way can I benefit most from knowing what I am getting from this?

Your question is one that relates to being on the earth plane and feeling that you must know what the benefits are. Understand that you are in fact leaving your body, that your soul is learning certain lessons that you will not be aware of consciously at the earth plane level. You will become aware of them more and more as your abilities at meditation increase. You will become aware. You will have insights into what your soul is learning.

You see, energies exist at different levels, and while you are in fact here on the earth plane learning certain things at one level, your soul also is learning things at another level, and there may not be, for example, a connection of immediacy for your experiences on the earth plane. That which you are learning at the Soul level may be something that is for some other experience, not necessarily the incarnation in which you find yourself now. So do not look for the benefits. They, if they are necessary for you to know, will be given to you as information.

Learning To Fend Off Mischievous Entities ~ Each Entity Must Protect Themselves (December 31, 1987)

(Speaking to someone in the group) My son, you are being tested. As such, we must allow the mischievous entities to attack you so that you can learn to fend them off, as you have begun to do. We will not allow any destruction to occur. We watch very closely. However, you must know that you must protect yourself. Each entity must protect themselves. That is the ultimate goal. We are here to help you learn to protect yourselves. We are here when undue attacks occur to help you along your path. Know that we are watching you and will not allow anything to

happen to you. The cold hands you felt on your knees were mischievous entities. Never accept coldness in your vibration. Know when you feel cold that it is a negative energy, and you are to dismiss it. You are to tell it to go away and that you will have nothing to do with it. Call upon those who you have met tonight. Jacques, especially, will help you in fending off these attacks. You are not going crazy. You are a strong energy and a healer. We are here to help you strengthen that.

We are most pleased that you were all here in this hospitable setting for the introduction of the others. They will now be able, when called upon, to enter during the open sessions, and any adjustments that they had to undergo in coming through Mushiba's body for the first time has been taken care of now. They know what it feels like, and they do not have to do this in open session. They can get right down to business. So, we thank you all.

Psychic Attacks ~ What It Is ~ Why It Occurs ~ What Can Be Done About It (January 07, 1988)

We have been aware for some time now that there are many of you who are experiencing what we refer to as psychic attack. There are two of you in particular who have spoken with Mushiba about this. She in turn of course has discussed it with me. I am going to address this issue so that there will be some understanding of what this is, why it occurs, and what can be done about it.

Psychic attack, if we were to define it for you, is an energy form of either a low vibration, a negative vibration, or one in which we refer to as a mischievous vibration, not necessarily negative and not necessarily of a low vibration. These energy forms are all of varying vibrations. They on occasion will attack other vibrational forms. Those of you on the earth plane are not limited to the only vibrations being attacked. Vibrations at any level are susceptible to this kind of attack. It is part of lessons and testing that occurs at all levels of The Universe.

These attacks are not deliberately sent to you by any of us. Be aware that all are susceptible. Those energies at very, very high vibrational levels are susceptible to attack from negative energies that are also of very high vibrational levels. When we speak of the Sons of Darkness, we refer to those who are of a high negative vibration. And their attacks would be aimed at those of a similar vibration. At a higher level, they would not go after someone of a lower vibration.

Now the question, of course, in your minds is, "Why is this occurring?" Know that there is negativity that exists, and that as you, as entities, begin to open your Spiritual Centers, you begin to meditate, you begin to reach your Higher Self. As you begin to be in touch with your Higher Self and open your soul memories, you make yourself vulnerable for entities and energies that may simply be passing by, and they see an opportunity to do some damage perhaps. Now when this occurs, you might be at the receiving end of this, and are in fact being tested, for it is only those energies of you who have reached a certain vibrational level that are susceptible to these attacks. And you then have a decision to make. You can learn how to protect yourself, or you can go back to a level in which you would not be susceptible.

If you want to truly increase your vibration and reach high attunement from life to life, you will be vulnerable to those of negative energies. You must be constantly aware of this and able to fight off the attacks. You will receive assistance from your guides, but they too are susceptible to their own attacks. And each of us, myself included, must be able to protect ourselves individually. We can on occasion call in help of others. This is where group prayer so often can help, because some of these negative energies are quite strong, and if you have not developed the ability to protect yourself, you will not be able to advance spiritually, for the attacks could damage your psyche.

Now the way in which you can protect yourself against these energies. They will try what they can. They try with many of you. They are as small children might be. They will see what they can get away with. They feed upon your own fear. If you fear them, then that energy of fear will be picked up by them, and they will be able to become stronger and feed on your fear. You must be the one in control. You must not fear them. You must simply, as a beginning, say to them, "Go away." Do not fear antagonizing them. If you fear antagonizing them, then you fear them, and they will know this, and they will have what is called the upper hand, and they will continue and continue to badger you.

If you are not able to get rid of them immediately, it is not to be despaired, for when you have just begun to be attacked, you have not experienced it before. It will be all new to you. And you must learn in your own way the method that is going to rid these energies from you. You must say things, for example, like, "Go away. I know who you are. I do not fear you." You must truly not fear them. They will pick up on your vibration if you fear them. If you fear them, you must discuss this with your guides. You must meditate on this. You must find the answers within yourself.

We are here to help on occasion to guide you in how to rid yourself of these entities. On occasion, very rarely, we will intervene and get rid of them for you. But that is only a short-term solution, for it has not solved the problem of your ability to rid them yourself. Until you have that ability, they will continue to come back. For example, if one of you requested that I get rid of one of these entities, I could do so very easily. But that entity could then return in a very short time if you have not developed the ability to do this yourself.

I will, under specific conditions, and rare conditions, intervene. There will be times when I may intervene at a partial level, that is, I may lessen the attack, but not stop it completely. You can also receive help from others who can form a protective shield of White Light that may be stronger than yours alone, and this will help you in the initial stages. This is sometimes utilized even with entities of a higher vibration when there may be a particularly strong attack being waged. It is at this time also important that you call upon The Creator and to pray. Remember that prayer, in whatever form you choose, is very powerful, for you reach directly to The Source. It is never to be underestimated.

These psychic attacks then are the result of your own opening up of the Spiritual Centers. You ask for them, in effect. It is a responsibility that as you begin to become more open in your psychic centers that you will be tested at levels that you were not tested at before ~ and that others around you may not be tested ~ for they have not reached a certain level.

Many of you who look at others around you, be it in these sessions or just others around you, who you think have a very highly developed spiritual awareness, and have strong psychic centers that have opened, that it is perhaps very glamorous. And that you want to be like that. There may even be envy. Know all of you, my dear children, that that person who you see, has undergone stages of psychic attack and has passed the test and has moved onto higher levels.

Psychic Attacks ~ Growth Comes Only With Pain. This Is A Universal Truth

(January 07, 1988)

Growth does not come easily. Growth comes only with pain. This is a Universal Truth. You must, as you grow, develop a higher threshold of pain. If you were to talk to anyone in this gathering who has experienced psychic attack, and overcome it, you could get some clues as to what is involved. You will find a greater sense of inner peace with these entities who have overcome the psychic attacks. If you want to develop your talents, then you must go through this test. It is not easy. But it is not impossible, of course. It takes many, many, many lifetimes for many entities to reach even the first level of protection against psychic attack.

There are many who will come into a lifetime and have determined ahead of time that they will conquer, as a minimum, this first level, and find when the attacks begin, that this is indeed not the time for it, they are not ready. There is nothing to be ashamed of if you say, "I am not ready. Let me go back to the level I was before." It simply means that you need to develop strength in other areas before you can then work on this particular issue. And you may then block this for the remainder of your time in this incarnation, only to attempt to try it in the next one, realizing that you must learn certain other things in this lifetime that will prepare you more adequately. Know that as you go from level to level, you have the same decisions, and you can do the same thing. You may go to the second level and decide that you are not up to the test, you are not up to the task, and that you want to go back to the level where you were able to fend off the attacks. Each level has its own level of attack.

Psychic Attacks ~ Not Viewed As Negative ~ They Are Opportunities To Grow

(January 07, 1988)

It is important to know that attack is not something to be viewed negatively. While it is done by those with not the best intentions, of course, it is an opportunity for you to grow. Just as any of the situations that you encounter at the conscious level on the earth plane needs to be viewed as an opportunity to grow, as a lesson to be learned, as a test to be passed. So too is this, at a different dimension.

Please do not be naive in thinking that there is not negativity in other dimensions. There is negativity and evil on the earth plane. Is there not? Do you think that dissipates when they pass over? And all is part of the growth process. At the same time, as you begin to grow spiritually, there is a greater responsibility of your role to help those who attack you. Just as on the earth plane, you attempt to diffuse negativity with your example, with your love, so too does this exist from those who attack you at the psychic level, to send them love, to send them light, to attempt to diffuse. And while you must protect yourself and tell them to leave, at the same time, you must attempt to help them. You may not be able to, but the gesture must be there. For that is truly how you will be able to protect yourself ultimately.

Waith, when you say that growth is always painful, I find it kind of gloomy. Not growing is painful also. Where is the fun, the pleasure, the joy, of this whole process?

When you say, first of all, that not growing is painful, it is incorrect, for someone who is not growing is not aware that they are not growing, and they are not therefore feeling any pain. They simply have chosen not to grow.

Isn't there pain in the separation involved in feeling separate?

Not for these entities who have chosen this. They do not know any better. You must realize there are many, many entities on the earth plane now who have chosen a life of non-growth. They simply come in, as I have said before, for a lifetime of rest and relaxation. They chose to come onto the earth plane for reasons of their own, not to experience any growth, simply to be who they are. You will see these people around you. They do not have any remembrance. They have blocked the memories of other lifetimes where growth occurred.

So, the psychic attacks, Waith, are part of the design, not something that you have to work around, just accept it?

That is correct, my child. It is part of the design. All energies at all levels in The Universe must be constantly vigilant. I, for example, am not immune from attack, for there are negative energies at very high levels that would attempt to attack me. However, it does not happen, because I know how to take care of it.

Are Psychic Attacks Easy To Recognize?

(January 07, 1988)

After a while, yes, they are. When it first begins, there may be some of you who will not even recognize that it is a psychic attack. You may, for example, have feelings of depression that you cannot account for, feelings of perhaps anger or hatred that you are unaware from where they come. Suddenly you are feeling many negative emotions and feelings. It is at that point that you

should send some White Light around yourself and simply say, "I have no need of these negative feelings. I have no need of this." And this will be a way of dissipating. As you begin to become more spiritually attuned, you will become very aware of the presence of a negative energy. There will be no question in your mind that it is a negative energy.

What About Psychic Attacks During Meditation? And Sleep?

(January 07, 1988)

Very susceptible during meditation.

Waith, I am experiencing it, too. The problem is that I have done a number of things that you have mentioned. The problem is that during the daytime I can fight them off, but in the evening, when you want to sleep, this is the biggest problem. I have lost a considerable amount of sleep in the last couple of weeks.

That is true.

This is a weakness, the loss of sleep. It becomes very difficult to function strongly when you do lose sleep. I have used methods similar to what you just mentioned, but I do not find them to be as effective as I would like. The question is, is there a length of time that they do not leave you that you should get concerned?

No. The length of time that it takes for you to overcome this is as long as it is going to take. There should not be a concern or a measuring, if you will, against someone else's ability to fight off. For example, someone may be able to do it in one session, one attack, and they say, "Go away," and it happens. Someone else, it could take months of your earth plane time. When you discuss the issue of not being able to sleep, thus weakening you at a physical level, you are correct in this.

I would like to say to you that I could solve this problem for you. I can help, and I have, at Mushiba's request, done so with the negative energy that surrounds you now. There has been a lessening. I have not rid this energy completely from you, for if I were to do this, it would not, at this point in your development, Be of Service to you. We are looking at you with great potential, great possibilities here. You have a very strong soul that wants very much to be a healer. But in order to do this at the level you want, and we are hoping that you will attain, we do not want to serve as a crutch for you. We know that you have the strength.

You need to remember your strength from past lives and to apply it in this lifetime. You must listen to yourself and not to anyone else. You must not listen to other energies who might try to tell you what to do. This is an issue very critical now for your development. And while you have requested, through Mushiba, that I call off the attacks, you have done this at the conscious level. At the Soul Level, we know that this is not what you want. You are battling currently between

the Soul and the conscious level. This negative energy knows it and is feeding upon it. You fear it, and it knows it.

We would like to see you very, very much, my son, pass this test. We will be here to help you. Know that you have enough strength to fight it. We have been able to dissipate the energy force somewhat so that it will assist you in strengthening yourself. There is a tremendous responsibility that goes with what you want to do. And if you are to heal others, you must be able to protect yourself and heal yourself psychically.

Psychic Attacks Can Cause Weakening Of Resolutions ~ Questionings Of Why (January 07, 1988)

Can a psychic attack also be something like weakening of resolutions that you want to make? Or when you want to develop a certain strength that you suddenly start discussing with yourself, "Why am I doing this?"

Most definitely. You see, as you begin to develop spiritually, your ideals begin to become higher. You set higher standards for yourself. These negative energies do not want this to occur. So, they try to make you think that these thoughts are coming from yourself. They try to infuse into you what might appear to be doubt, a lessening of the Self. You must be aware of this. It is why it is so important that you learn to find the answers from within yourself. We are here to help guide you, but not to give you the answers. You must learn this yourself. And to refer back to a question that you asked earlier about "Why does growth have to be painful? Is there any joy?"

Know, first of all, that the earth plane is designed for accelerated growth. It is meant to be painful. It is chosen by each and every one of you as a grounds in which you can experience certain things that are not available at any other dimension, that in between your lessons, you have a soothing period of time. It might be one year. It might be one month. For some of you, it might be one minute. It depends upon what your soul has wanted for growth.

As you truly become evolved, you will in fact, while feeling the pain, be able to step outside of yourself and say, "This is an illusion. This is a growth opportunity." Yes, it may hurt. It may be difficult for you. But you view it with enthusiasm. The truly evolved will in fact find the joy out of the pain. There are some of you who will understand that and some who will not. But that is fine. Eventually, you will understand it, maybe not in this lifetime, but certainly as you grow.

Psychic Attacks And The Lesson Of Judgement Toward Others (January 07, 1988)

Then it is very important to distinguish between denying things for one's Self, like not accepting goodness. And there are practices, for example, in church or in the Middle Ages where people hurt themselves physically.

That was for lessons to be learned for each individual. You must not judge the actions of another by your own perceptions. Know that each energy form has its own path of development and does what it has to do. And while it may not be what you would do, does not mean that it is good or bad. You have no knowledge of what another's soul path is and what they have chosen to do in order to grow. One of the issues of the earth plane is ridding yourself of judgement. You simply cannot judge another. You have your reasons for what you are going through and so does every other energy. Each energy has their own particular path, their own scenario, if you will.

What you each need to learn is to accept this knowledge and to allow another energy to be, and to let others know of your Unconditional Love and of your willingness to be there for them if they need you, and to be always in a prayerful state of mind for all those around you. It is most difficult to achieve. It is part of the conditions that have been set up for the earth plane, for you must learn to do this. It does not mean that you will do it in one lifetime.

The earth plane has been designed specifically to allow you to learn this lesson. There is nothing to regret if you judge someone and feel that by doing this you are not advancing. The advancement comes in your recognition that you must not judge. And if you judge, and then after the fact say, "I should not have done that," and begin to analyze it, and say to yourself, "I will not do that again," and if you begin slowly to be less judgemental, you are growing. It does not happen, as you would say, overnight. Those around you who you would find to be very nonjudgemental have not acquired that in this lifetime by itself. It has taken many, many, many lifetimes to develop this. Those entities who judge, and do it without concern, are those who are not growing. Do you understand?

Yes. I also feel much addressed by what you said. I feel that the judgement issue is my issue this lifetime.

You are not alone in this, my dear. You are not alone. Do not feel that I am addressing you particularly, and by yourself. I am not. I would say that each person in this gathering is fighting this issue. Correct? Reassure the love. Yes.

⚙️ Yes. Me, too.

⚙️ Well, it is a law ~ like attracts like. Huh? 😊

⚙️

How To Send Light To Negative Energies In A Psychic Attack (January 07, 1988)

Waith, you said that when we are dealing with these negative entities, in addition to banishing them in whatever way we choose, we are to send them love, positive energy, try to help them. Do you have any more specific way to do that?

One way that you might try is an exercise in visualization. Visualize a round dark spot. Picture it in your mind. And when you have this picture in your mind, then take this round dark spot and visualize it as pulsating. Once you have this visualization, you then begin to visualize White Sparkling Light surrounding this pulsating round black spot. Do this for as long as you are able, or desire, to do.

This is one method, especially when one is beginning this process, to help you send the love. By doing this, you also will begin to genuinely feel the love. Know that this is part of the lesson of learning Unconditional Love, to love the darkness, to love the negativity, for even though the energy is negative, it is a part of The One and is therefore a part of you. It is just that that particular energy is at a very different level of development and needs assistance.

Know that from our perspective, we look at many energies on the earth plane as round black pulsating spots. It does not mean that you are bad. It simply means that you are in the process of evolving from the dark. You have all different levels of darkness. Some, and I have said this before, are brighter, as I feel your vibrations in this gathering. There are all varying levels of vibration and brightness. Some are very shiny and others are less shiny. That is as it is. That is as it was designed to be.

When you say that some were designed to be less shiny, does it mean that their development is at another rate? Or, if we are all part of The One, then we should all ~

You have answered your own question. It is designed that every entity must develop at their own rate. It simply means that if one were, let us say, less shiny than the energy sitting beside them, that is fine. It simply means that one has been working at it longer. It may be that the energy sitting beside you has had more earth plane lives than you have and has therefore had more opportunity to learn lessons and to pass tests. The fact that you are on the earth plane at all is a tribute. Know that not all energies choose the path of the earth plane. Some may never come onto the earth plane. It will take them much longer to learn their lessons.

Earth Plane is an accelerated dimension for tests that can be further accelerated by choosing, as many have during this period of time before The Shift, to have accelerated earth plane lives. So, what it means is that you are at a double rate of acceleration from many other entities and energies on different planets and different dimensions. And so, you must realize that you have undertaken a most difficult path, and it is to your credit that you have done so, each and every one of you. It is why we have such a special interest on the earth plane. Know that I have much responsibility beyond the earth plane. I have many, many other dimensions that I must be watchful over, but we all become very involved with the earth plane because of the acceleration that occurs here and the marvelous opportunities for growth that all of you take on.

Waith, does it also mean that all the children that are born at this time frame are aware of that?

No. You must be careful about generalizations. Know again, that you have no idea why an entity comes onto the earth plane. We have very specific designs in mind for allowing certain energies to incarnate now. We are in control in many areas as we attempt to prepare for The Shift. There is the hope that still remains at this level that The Shift can be averted. That can only be accomplished by a tremendous vibrational shift among the masses now on the earth plane. Those energies that are incarnating now have varying roles. Some are aware, but not all. There are very specific reasons for this. I would give the same caution to this as I did earlier regarding your judgements of why someone is here.

Waith, may I point out that we are all aware of the major problems such as dope and pornography, etc.? Might I draw the conclusion that this is here as a test on the accelerated plane?

Yes, in a sense, my dear. These physical addictions, as many of them are, are part of the conditions set up on the earth plane to help many learn lessons and pass tests. They are also a part of balancing karmic conditions, if you will. The use of that word is not something that we use at this dimension, but it is done at the earth plane level to understand one of the Laws of The Universe, in that, you meet yourself in order to learn. You set up certain conditions yourself so that you can learn from something that you did in another lifetime that perhaps did not provide growth for you and could have in fact provided a downslide.

And so, what you see on the earth plane now, all of these conditions, fall under the very broad category of lessons and tests. When they occur with you, you know what it is all about because your soul has chosen it. But at the same time, while you may not have to meet yourself where, for example, a drug addiction is concerned, it might be that it is your role you have chosen to help those that are with this drug addiction problem, and it will be an opportunity for growth. You must realize that many energies are not able to fight these problems as they would want to. They are not able to overcome them and they become entrapped on the earth plane because, for whatever their reasons, their soul has not strengthened as it should, and they are not able to overcome a particular problem.

Negative Energies Pretending To Be Of The Light (January 26, 1988)

Hi, Waith. I recently had an experience in meditation where an entity came into my vibration and misrepresented himself. How can I test entities who come into my vibration when I am meditating? Do they know my thoughts? If that is the case, it is going to be difficult for me to think of a way to identify them and have them prove themselves. If they do not know my thoughts, I definitely have the advantage. Can you give me some advice as to how I can test spiritual entities that come into my vibration so that I know they are who they say they are?

Yes, this is a very difficult issue, and it would be good for you, my dear, to request to see the readings where I have addressed the issue of negative vibrations, the ways in which you can be rid of the negative vibrations. A negative, or mischievous entity, if not there for the good, will

eventually be driven away simply by your saying, "You must go. You must go." Say to it to leave you alone.

In terms of testing, there are several ways. First, and most fundamental, is that if you feel at all that the energy is not of the Light, then it is most likely not of the Light. If there was a doubt in your mind that it was being misrepresented, then it is most likely so. A negative energy that is negative will be found out very quickly if you call upon the Highest of the White Light. It does not mean that this energy is going to depart, for I have discussed in great detail psychic attacks. Know that if you are being attacked, then there is no need to test it, for you know. Nonetheless, if you feel that an energy is pretending, and this is a very serious concern, and there are many energies attempting to misrepresent themselves as of the Light, you must say to this energy, "Tell me who you are. And what is your purpose?" You can begin to get a sense of who and what the purpose is.

There are many tools that have been handed onto the earth plane from this side for protection against those energies that would claim themselves to be of the Light when they are not, and ~ one moment ~ we are searching for a particular technique. It comes from the readings of Cayce. There are certain intonations and words that can be utilized. And the information that came through him, in this particular area, need not be improved upon by us. I therefore encourage you to seek out that information that is already available to you and use it if you feel you cannot determine yourself if an energy is of the Light or not. Know that you are very susceptible to this, my dear, at this time in your development.

Possession ~ Negative Energies ~ Psychic Attack ~ Protecting Oneself ~ Exorcisms (January 26, 1988)

Waith, there is talk sometimes of exorcism having to be done. Could you explain why is it that there are exorcisms that are necessary? And sometimes, I have been told, they do not work.

It is a very real phenomenon, this thing called possession. It is a very complex topic. There are energies on the earth plane who, for various reasons, are susceptible to being taken over by a negative energy. Those reasons are beyond the scope of what I could explain to you, except that it relates to the Soul's mission, the Soul's path, and certain lessons that need to be learned.

Possession is a very real event. And there are many on the earth plane, throughout history, who have powers. They are of the Light and they have the powers to rid the negative energy from the physical body. There are others who would want to be able to do this who do not have the abilities. They attempt it, however are unable to succeed. It is no different than any of you who are at various stages of your development in the abilities and the powers that you have.

There is nothing unusual about possession, except that it is something very difficult to explain its reasoning, for it depends upon the individual who is being possessed. There is possession

occurring in various forms on the earth plane, some very, very strong where the negative energy completely takes over the body. That is at one end of The Spectrum. At the other end of The Spectrum is the phenomena, of course, of the psychic attack, or a surrounding of negativity around an individual where thoughts of negativity or darkness would prevail all along this Spectrum.

Know that it is really a constant vigilance on each of your parts to protect yourself from those who are less in the Light, as it applies on the earth plane, where you consciously are surrounded by those who are negative. They are always speaking in negative terms. They drain your energies. So, too, are there those types of energies at other dimensions that surround you, and for many on the earth plane now, it is an automatic response now to protect and surround themselves with Light, and they do not even think of the possibilities of attack from negative energies, for they have conquered that. It has taken some time, but they have done it. There are others who are at various levels of learning how to protect. So, you see, possession, or the need for exorcism, as it is called, is at the very extreme end of negative energies attacking.

What About The Wearing Of A Blessed Scapula?

(January 26, 1988)

Yes. I was also told that if such should occur ~ not meaning to me, and hopefully to nobody that I am aware of ~ that wearing a scapula would be a good idea. What are your thoughts about that?

The use of what you call a scapula is a symbol of the Light, you see. It is a symbol that is blessed by someone who is an instrument of The One, who has taken on in this incarnation a specific roll. And when there is a blessedness given to a symbol, the entity has a very strong belief in the symbol, and therefore it acts as a catalyst to assist the entity in their own beliefs. So, you see if you believe that the scapula will protect you then it will. It is an aid to assist in protection.

The Use Of Concrete Aids Or Symbols For Protection

(January 26, 1988)

Eventually, as you grow in your abilities to protect yourself, you will not need the assistance of aids or symbols, but for those who are just beginning in their journey to learn to protect themselves, such symbols and aids are very beneficial. For if you believe that something is going to protect you, and it will, then when the protection occurs you feel stronger, you see. You have conquered one of the road blocks toward self-doubt that you might have been blocking. So, you can break down this self-doubt, and eventually, you will be able to protect yourself, by yourself, without the aid of symbols ~ very beneficial to have this type of concrete sign for you.

Such things as the cross, you see, the crucifix, when I arrive, and when I depart, I give to you a manifestation of that which you understand as a blessing. It is a visible sign of protection. Know

that you are all protected. I do not need to give you the physical sign in order to protect you, but it is a support of that which you understand.

Can Someone Become Vulnerable To Negative Energies During A Healing Session? (January 26, 1988)

On one occasion, doing healing on a mental situation for a person, I picked up a very negative energy. It frightened me. Does this mean that when a person does healing, they will become very susceptible to negative forces?

Yes. Yes and no. First of all, you are in a very difficult stage of development, for your centers have opened wide, and you are learning how to protect yourself. It is a most difficult test for you, but you are doing fine. And yes, you will be susceptible to these types of intrusions and attacks. But once you have passed this difficult test that you are undergoing, it will not be a difficulty for you. It is all part of what you must go through in order to be the strong healer that you have the potential to be. All are susceptible to these attacks. You are progressing quite well. We are watching, and you are fighting a final battle with a particular group of energies who have been with you for a while. And you will have this battle for a short time longer, for they do not want to give you up.

You must realize that because of your brightness they want to try and dim this, so you must realize that the brighter you become, the more the dark will try to dim the brightness. But eventually, you will have no difficulties fending them off, and it will become to you almost a challenge. You will say, "Come, you negative energies!" Eventually many of you will welcome the challenge, for when a negative energy does come to you it means that you are bright, you see, and they are trying to destroy the brightness. When you get rid of them that increases your brightness. And the more you increase your brightness, the more they will come. And the more they will come, the more you can increase your brightness.

Can Negative Energies Cause You Physical Harm Or Illness? (January 26, 1988)

Do they also try to get you at a physical level as well as a spiritual level? Do they cause illness this way?

Yes, they do. They can, although not all illness is a result of a negative energy attack. Know, please, that there can be illnesses that you are surprised at that come upon you suddenly that are the result of this very situation. I am trying to present an example that is a common one and not a very pleasant occurrence. When you, for reasons not connected with a virus, or an illness, or what you might call a cold, but suddenly for no reason at all, you have what is referred to as diarrhea that comes upon you, and takes away your energies, and then suddenly is gone, but leaves you weak, that is an attack at the physical level.

Waith, during these periods of extremely cold weather, are we more vulnerable because we are using more of our energies to keep warm rather than perhaps to focus on protecting ourselves? Does it have anything to do with it?

That is a most interesting question. One moment. The physician here, Jacques, is giving a response to this. He was, in his last incarnation, a doctor. He has been a healer for a very large percentage of his path. It is his mission.

First of all, the cold or warmth does not have a direct impact upon whether or not you can protect yourself. It does though have a residual effect. Jacques is saying now that during these cold times, if you feel your body weakened, that you must heat water to just below the boiling point and pour it into a bowl. And into this bowl, place a tablespoon of honey and let it dissolve. And with a spoon, slowly sip. This will give your body an insulation against the cold. For when you are feeling cold it does take your mind off other things. Your mind begins to think of how cold you are, and it does distract, and it could possibly then allow a negative energy to surround you. So, you must try this.

The Ouija Board ~ Being A Parlor Game ~ Caution About Mischievous Entities (March 01, 1988)

This device known as the Ouija board is to be viewed with tremendous caution, please all of you, for it is a vehicle by which mischievous entities have found it readily available to enter through. It is too often viewed by you on the earth plane as a parlor game. It can be quite powerful.

There are reasons why this particular instrument has the vibration that it has, and its history comes from quite some time ago. I will not go into it at this point. I will simply say that it should not be used without the Calling Upon the White Light. There must be prayer before the use of this. One should actually not use it. It is something that while it is not of the black magic, as you might refer to it, it is borderline. It is not something that we encourage use of. It has a dark history to it. It can be beneficial for some if used properly. Most do not use it properly. If one were to use it, one must pray quite strongly before use, visualizing the White Light and Calling Upon the White Light for protection. It then, though, does not guarantee complete protection.

Helping Someone Disperse The Darkness Surrounding Them ~ Waith Gives A Technique (March 08, 1988)

Are you familiar with (Name withheld)? And if so, how can we help? I received a message that three of us should send Light and energy, that she had a very negative force around her.

This entity is being attacked by those of the darkness. They are trying to use her to get to others, as she is a most receptive vehicle and has influences beyond what you might think, and she is

much sought after by those of the darkness as a catalyst in the battle that occurs now and will occur in greater intensity as The Shift approaches. I have mentioned in earlier sessions of the battles that occur, and they are waged in many degrees and with as many entities as those of the dark can gather.

There are many entities now on the earth plane who are in this situation that you describe who are going to be targets and could be conductors of negative energy if not protected. It would be wise to have some type of gathering where you bring together all of your positive energies. One very useful technique in dispelling the darkness from an entity who has been targeted as a conductor, is to form a circle and hold hands in the circle and meditate. There is no need for chanting or anything of this nature, but to simply all meditate and focus your energies on a ball of White Light, and as group energies that increase this ball of White Light, so that you envision the Light completely filling the circle in which you have formed. And this will help in the protection and the dispersion of the darkness. You must do this periodically, for those entities who are conductors will be under continual attack and will need assistance. For reasons that I will not go into now, these entities are very vulnerable, and there are reasons why, which relate to the growth and the path of the particular entity and are of no concern to those around except to the entity.

Try this technique and do this for a period of time, perhaps one earth plane year, and by that time it may then be unnecessary to give her the protection. This information is applicable to all who might find themselves in a similar situation, so it is given out as information from The Universe that is readily understandable for the basic levels that exist now among most of you.

Psychic Attacks, And The Need To Have Confidence In Abilities To Handle Them (March 22, 1988)

I would like to ask a personal question about my son. He mentioned that he has some type of clairvoyance. He said he is not having the psychic attacks as much as he has been having, and that you were helping him. He would like to know.

We will address an issue that we feel is significant for others to understand, so while we are not answering a personal question, as we do not usually do in these sessions, we will address this particular issue for the significance of its lesson.

As we have said so often, we are not allowed generally to interfere when the psychic attacks occur, for it is a soul lesson, and it is a strengthening of the Soul that needs to be accomplished. And by our interfering, we would be interfering in the path and in the lesson to be learned. However, we on occasion, are able to lend assistance in a way that is not interference. We have allowed this question to come in now for very specific reasons, for many of you will be undergoing psychic attacks. This is normal. For the opening of the Spiritual Centers makes an

entity especially vulnerable to those of the darkness in whatever level they may be to attempt some type of attack.

We are here to assist in your defenses. We are not able to actually fight off the attack. However, we are able to assist in giving you the strength and the insight and the abilities, the self-confidence many times that is needed to fend off these attacks. This comes from feeling that you have been successful in doing so, sort of feeds on itself, you might say, and we have been helping your son so that he is feeling success at fending off the attacks and therefore is stronger. We have not defended him at all. We have not had to. He is strong. However, we have created a situation for him in which he perceives that they are less now, and this gives him the strength and the encouragement to do what he needs to do.

I refer back to the discussions that we have presented regarding these attacks and encourage you to read over what was presented as a further remembrance and also an enlightenment. There are bits of information present in that discussion that would help to read again for you, for you will pick up things that you did not during the initial reading that you had, that you read over.

An Entity Misrepresenting Himself As Waith ~ Waith Gives The Verbal Challenge To All (April 19, 1988)

An entity manifested himself to me, claiming to be you. I knew he was not. Do you have any insight into this mischievous entity at all? It has stopped my process. The process by which I was meditating is now quite different than it was when this entity was troubling me, and I do not know if I am just not ready, and I should not continue my growth in this life, because I cannot protect myself, or if I should continue. It really frightens me.

There may be on occasion some energy form whom I am not at liberty to identify who is more than just mischievous, who is someone with whom I battle at my level on a regular basis, who will try to represent himself as me, and he will occasionally do this with those with whom he thinks he can get away with it.

You will always know when it is I who has come to be with you, for you will feel a warmth about your energy field. You will experience a very strong Light that this imposter is unable to generate. When you feel doubt, however, any of you, and any who would read the transcript of this session, you may test this energy form simply by saying, "I challenge you, Waith." And use the name WAITH, for he does not like it really, to be called by my name, even though he represents himself as me. "I challenge you, Waith." And you say this in a loud and clear voice, not only to your inner self but out loud, "I challenge you, Waith! Identify the sign of love and send me the Light!" And if it is truly I, I will respond.

It is my challenger.

I put my hands out and there is a very high energy, but in my stomach and in my gut, reaction was not good. I felt very strongly within my body, although my mind was questioning, my body was telling me that something was wrong.

He is a very high energy. He is a very high energy, a very strong energy of the darkness, one who I have battled for eternity.

He sure stopped me in my tracks.

You must, however, my dear, not let this stop you. You should see this only as a test for you, for as you increase in your own vibrations you will, of course, be more susceptible to higher energy forms of the darkness as well as of the Light. You get both, you see, and as I have said in other sessions, this issue of darkness attacking at certain levels, you must not deter. You indeed did fend off the imposter. You recognized that he was not who he claimed to be.

He wanted me to channel him, and I told him that I would think about it and get back to him. 😊 I never got back to him! 😊

You see, my dear, you are gaining in the Light and you are recognizing how to deal with these. Humor is very important. You must continue searching and increasing your vibration, recognizing, of course, that you will become more susceptible to these types of intrusions and that you must learn to protect yourself at higher levels now, and you are learning that.

A Question About Psychic Attacks (July 05, 1988)

Waith, I have a friend in Rhode Island who has asked us if we would ask you about psychic attack. You had mentioned earlier negative energies ~ he feels he is being either attacked psychically from some other realm or perhaps even from friends. Could you shed some light on this?

Yes, indeed. First, I would reference you to the session that was given on psychic attacks. If you do not have a copy of that Limeria will make that available to you in which there is discussion of what psychic attacks are all about, and it goes into the detail about the issue itself. As relates to your friend specifically, there is an attack of sorts occurring here. There is a part of his Higher Self that he is struggling with that is contributing to the vulnerability to energy forms darker than he is. Know that the issue of Light and dark relates in perspective to your own Lightness. What may be dark to one energy form is not to another. Remember this issue of The Spectrum of dark and Light. If you are very bright, then the levels of darkness present themselves greater than someone who has less brightness. And so, he is dealing with an energy form at a ~ we see at almost the astral level, very close to the earth plane dimension, and because of the battle that he is having with his Higher Self right now, ~ it is an issue that I really cannot elaborate on.

That is okay because he plans to go to a mini-session.

Ah. That would be most beneficial. That pleases me for there are certain areas here that I would feel more comfortable giving him directly so that he may respond and ask as I give him the information. With that understanding that he comes perhaps he can be prepared with some basic understanding by giving him a copy of this session where psychic attack was discussed.

Mischievous Entities ~ Adjusting Levels Of Protection As Your Vibration Increases (July 26, 1988)

How is it possible that even when one protects oneself that, like a mischievous entity can come in? This has not really been happening to me, but to someone else, and that person is not here and I am concerned. How does this happen?

It is one ~ you know, as we have discussed before, that as you increase you own levels of awareness and your own vibration increases that you become, each of you, more susceptible to different types of mischievous entities trying to work their way in and do their little tricks. And that when an energy form is in a major transition, moving from one level of vibration to another, of significance, then there is, of course, an opening up of the Spiritual Centers, and therefore, vulnerability to the entities, and that there may be, on occasion, a misunderstanding, a misinterpretation of the energies coming through, for these are new levels of mischievous entities. And it takes a little bit of understanding to know, to be able to recognize the mischievous entities, and that in order to know that they are mischievous, so often one has to think that they are not and to listen to them and then to realize as a result of the information given through that it is not in harmony and that it is a mischievous entity.

It is important and it is in fact very critical for all that there be a continual surrounding of the White Light protection and that as one moves from a vibrational level to a higher one that the level of your own protection needs to change. What was sufficient and workable at one level becomes weak for the higher level, and it becomes a matter of, shall we say, trial and error in understanding how to do this protection. It goes with the territory, shall we say, of increasing the vibration, and the kinds of techniques to protect oneself have been given out in previous sessions and those remain as a constant.

They are applicable to whatever level one is moving toward, and especially for this particular entity who poses as I and claims to be Waith, that the challenge that I gave out in a previous time to any entity who claims to be me. Until you feel comfortable with knowing how it feels when I am there with you in your meditations, you must challenge at all times for there is one especially who tries to get to me through others.

There will not be an attack, you must understand. Again, I will emphasize that you will not be attacked by an energy form that is too strong for you, that is not at your level. However, there

are energy forms who, while not attacking, will in fact try to get you to do things that are not in accordance with your soul's path, and who are trying to break down the work that comes from the Light through whoever they can find, and they cannot withstand the challenge that is given to them and they will back away. So, it becomes a matter of simply being ever vigilant during a major transitional movement, vibrationally, and that new types of energies will represent themselves and that there needs to be a tightening up of your own protection.

I found that reading of the challenging. It is April 19, 1988, just for the record.

Increasing Levels Of Protection As You Increase In Your Vibration (August 02, 1988)

Waith, I have question. Recently, it seems like I have run into numerous obstacles. Is there something going on out there that I am not aware of? I am getting totally frustrated.

There is a situation occurring from this end with a connection with one of the Sons of Darkness. Actually, there are several of them incarnated currently who are connected to the Sons of Darkness who are not incarnated who are attempting to do what they like to do best. You are feeling a residual effect upon a very major attack which has just occurred that has been taken care of. The residual will take a bit of time. It is most unfortunate that you became a part of that. We will take care of it, my dear.

In the meantime, though, it is a sign that you are vulnerable and that the protection that you surround yourself with needs to be increased. Simply to take the level of Light that you surround yourself with and increase it. That is all. There is nothing to fear. It is simply a sign that it is a time to protect yourself a little bit more because you are increasing your own vibrations and you are vulnerable because of the work that you have chosen to do. You are Being of Service. You are providing information to help others to become lighter and therefore the dark are going to try to destroy you. This is the way that it is. It is a lesson for you to learn to protect yourself.

It is affecting my whole family in a sense.

Of course, it is. It will affect all who surround you. You are the strongest of the family unit vibrationally, and it is your responsibility to do the major protection, and that which attacks you affects all within your immediate circle. This goes for all of you to recognize that when things begin to occur that are out of balance, look at your own levels of protection. Recognize that you are all accelerating in your growth and therefore you open yourselves to higher levels. You become more vulnerable.

It is simply a fact of progression and it is nothing to dwell upon. It is nothing to view as a negative. We have said this before. It is simply a fact and that as you progress you need to

increase your own levels of protection and that many times you will not realize this until there has been an attack and it is a sign.

As you begin to progress more, though, you will recognize automatically that you need to protect yourself and it will not become an issue in the future for you. But now that we are aware, my dear, of your being a part of the residual of this major attack, we will take care of it and in a certain way we are allowed to do this in certain areas. So, increase the protection around yourself and you will be fine.

If you are not being attacked, does that mean that you are taking the easy road out?

Not necessarily. It is quite situational. And as we give you first, for so much of the information, you must not judge what another entity is going through, and this is an example of it, if you are not being attacked, to feel left out. There are many reasons why attacks occur and why they do not. It becomes really situational, my dear. It is sufficient at this point to say that you are adequately protected now, and that you have the ability to protect yourself.

The Simultaneous Sending Of White Light To Self And To Others (August 02, 1988)

I understand that sending White Light out to other energy forms increases your brightness, but when you say specifically increase the level of White Light around you, is a good method to use to just visualizing the White Light around you, or is it better to send White Light to other entities?

It really becomes a combination of both. When you are first developing this sense of the existence of the White Light, there becomes, shall we say, an awareness of surrounding and sending. As you begin to develop your abilities and it becomes less of a big deal, it is a fusing of both so that there is simply a White Light situation. There is simply ~ the emanation of the Light comes around like this and it surrounds you and at the same time it is sent out to those who need it. But in the beginning, it is a typical response and a typical behavior that you will be very conscious of a differentiation when in reality there is no differentiation, but rather a fusing. So, what you do now is appropriate, and as you grow in your abilities, you will be given that knowledge from the Higher Self and it will accommodate itself as you need it. Do you understand?

Is it necessary to ask, as often as I have been asking for your protection? ☺

As often as you need to ask is as often as you need to ask. If you need to ask every second of the day then it is appropriate. There is no rule that indicates too much or too little. It is what is appropriate, what you feel is necessary. If you feel it necessary to ask for guidance and assistance a great amount of the time then you must do this, and when it becomes unnecessary you will know this.

I think that I have learned, maybe you can you confirm this, negative thoughts or fear gives them an in. Is this correct?

We would refer you to many of the readings in these areas that negativity feeds on itself and that the surrounding of yourself with the White Light does not acknowledge the negativity, shall we say, and send out a signal that you are afraid, but rather simply a protection device that says "I protect myself. I am strong from anything." Nothing specific, but simply anything.

Breaking The Cycle Of Negative Thinking ~ Habits Can Be Changed Into Positive (August 02, 1988)

Some people seem to think more negative things than others. I seem to have a feeling that what a person is doing there, he is really creating their own reality.

Yes, they are.

So, in a sense you do need all these things because you have created this reality that you want to live in.

That is correct. Remember that we have said it is all illusion and that you create that which you want, and what needs to be done is once you have recognized that you are thinking negative thoughts, that you break The Cycle. You ask for Light immediately. If this is occurring every five minutes, then that is the way it is until you are able to break The Cycle. It is a habit so often, and habits can be changed into positive. It simply means an awareness of it. There is nothing that can be done until you become aware and that means that your soul has now said, "This is the direction that I wish to take." And you learn that which you need to learn in order to go in the direction that the Soul wants.

For many it is a learning process that they have the negative thoughts, for it is without the negative thoughts that they would know to change, you see. And so, learning occurs until you reach the point where there are no negative thoughts because you have filled yourself with the positive. You have taken that on as the way and it is not something that most of you will completely accomplish, you understand, in one incarnation. It is a progression. It is a gradual type of situation where you will, as you go through this life, gain greater control over your own thoughts. This is why meditation is so beneficial for it is an aid in bringing in the positive and understanding the benefits to it.

Waith Discusses The Need To Have Group Meditations To Disperse Mischievous Entities (August 16, 1988)

What we are going to do during this session is something I have been waiting for ~ able to do. I did, as Mushiba would call it in her vocabulary, I did a test market on it, on this particular procedure, during a Mini-session, and I wanted to just see how it is going to be, and if I needed to alter any of my instructions in understanding. It is related to group meditation, and it is also a technique that will help you as a group, whether it be two or two hundred or two thousand. To disperse darkness that may be surrounding you suddenly, unexpectedly, or simply as a routine protection.

During this particular Mini-session, there was an entity who was here for counsel, who is a very, very bright entity, new into the vibration, coupled with another energy who, she knows who she is, who is a special charge of Mushiba now, who was so bright that the combination of that brightness and the other two entities with their own brightness, created such a level of illumination that there were a number of mischievous entities who happened to be passing by, thought, "Hmm! This is a nice little gathering of Light. Let's see what we can do!" 😊

Now ordinarily, this happens, you must understand, each time I enter in through Mushiba, for they see the Lightness of all of you gathered, and so there is an attraction, and I, just as a natural thing, shoo them all away. And so, the issue ~ I have not made it an issue, for it has not been time. You have not needed to know that, as you are gathering here, so were the little dark ones, trying to hop onto you. And I simply ~ when they saw me, of course, they just sort of went away.

And I found that in this mini-session, this will be the perfect opportunity to first of all, make aware the fact that this situation was occurring, and to test out the technique that is so very simple and really quite wonderful, that you all can do. And so, we are going to do a little testing of it now. I have allowed a few of the little mischievous ones to stay here in the environment.

They are just sort of floating around. They are actually quite harmless. They are not connected with the Sons of Darkness. They are not disciples of the Sons of Darkness, so they are not of that force. However, they are simply little mischievous ones who would like to disrupt and cause just a bit of discomfort if they could. This is normal. Most of you here are on a regular basis, surrounded by these little ones and routinely just shoo them away without consciously knowing. Your souls simply say, "Go away!"

So, this is what you have now in the environment currently, and so we are going to show you how to not only just shoo them away, but simply, when there may be a major attack from a disciple of the Sons of Darkness or, in fact, one of the Sons of Darkness themselves, that you will, as a group, know how to disperse them. So. It will require a bit of moving around here. And before you all start to pick up your chairs and move around, listen to my instructions, and I will give you the instructions first and then will have you form into the pattern and guide you throughout this so that you will understand fully what is to be done.

Instructions For A Group Meditation To Disperse Mischievous Entities

(August 16, 1988)

This a community effort and it will mean a forming of a circle in which you will all hold hands. And the positioning of the physical encasement can be in any way you all determine. You can form a circle and be seated in these chairs. You can form the circle and be standing. You can form the circle and be simply seated on the floor. Or any other option that you might want to come up with. It will be a group decision. The key is that there is an unbroken circle. And it does not have to be a perfect circle. It is simply that you are all in a configuration that is unbroken. Space may not allow a circle, maybe some other configuration. That is quite all right.

When you are in this circle, you will close your eyes, you will begin to visualize, each of you, a very large white ball in the middle of your configuration, and you will begin to breathe in through your nostrils, deeply, and breathe out through your mouth, deeply. And at first, you will find yourselves doing this in a rather disconnected way, from the others. And as you begin to feel comfortable, as time goes on with this, you will find that each of you will become harmonious and will simultaneously be breathing in and breathing out.

And while you do this, you will be visualizing this white ball in the middle, and I will be guiding you in this session now. And as you begin to visualize this ball, it will start very small. And you, each of you, will increase its size, until it fills the circle, and it fills and it actually ~ you can feel it touching you, each of you, feel the warmth from the White Light, the ball. And then, when it is completely filled, each of you will send a vibration into this ball that will create sparks coming out of the ball that will dissolve the ball. The ball will then become sparks ~ it will be sent out into the electromagnetic field and will send out to the darkness, the signal ~ here is the protection ~ here is the vibration of light, and it will shoo them away.

For mischievous entities, the intensity of the ball need not be as great as it would be for a very dark attack. For the time being, you will all be sort of practicing this, and you will be dealing only with mischievous entities. You do not have to be concerned at this time with attacks from the Sons of Darkness on the group. And as you begin to gather together, be they two or three of you, or when the community gatherings will begin, and as time goes on, those will increase in their own numbers, these gatherings ~ that you will simply routinely meditate.

There can be several circles. You may select a group who you would like to meditate with, four or five or six. There may be another group of you who would like to meditate together, four or five or six, or two or three or four, whatever. And this can be done in the same room. There is nothing that says you cannot form several groupings within the same room and have your own little walls generated, for you may find a particular need for alignment with specific entities that perhaps are dealing with similar lessons, testings, any number of things that would be compatible vibrationally with a group meditation. And another group may find themselves to have the same situation, and so rather than have one big group there may be several small groups.

There are many possibilities here. We simply give you the technique and present to you several options and then leave it up to you to start applying it and seeing where you can go with it, for many of you will receive insights through your meditations, your personal meditations, as to what you can do with group meditations.

And of course, we will be here to continually give you some input into this technique and help you with it. Do not expect that you are going to get it down right the first time. This is a beginning, and each time that I enter now, be it the open session, mini-sessions, or the special topic, that we come upon for the pyramids and the crystals ~ we look forward to that one ~ that we will practice it. And while all of you may not be involved each time, there will be a number of you who will have more exposure to the training and will therefore be able to help others and to train them.

This is the purpose, for you are here to help in the spreading of the love and the techniques, so that you can pass this on to others, and others who perhaps are not able to come to the open sessions each time, and maybe can come only once or twice, nonetheless, have, shall we say, even in this session, some who would not be able to come very frequently but are interested in this technique. Those of you who would get more exposure from me about this could then perhaps help the others. For when the community gatherings occur, I will not be coming in. It is not the purpose of those gatherings. The purpose of those gatherings is to strengthen your own selves without the angelic crutch. ☺ I will be here though! ☺

Can We Hurt These Little Mischievous Ones By Sending Them Light? (August 16, 1988)

No, you will not hurt them. Light never hurts. Remember that. While you may be thinking perhaps that in terms of a ray of something that would pierce. What happens is when the Light goes out in that type of form it creates an energy that gives it a particular velocity ~ that is correct, yes, velocity ~ and it moves out rapidly, and as it then moves from the ball and leaves its centrality, its central point, it disperses in a most gentle, beautiful way, for Light is beauty. Light is gentle. And it needs a propellant to get it into that area where it needs to simply enfold, which is what it really does. It does not attack. Light never attacks. Light enfolds. Light gently tries to penetrate. By thinking of it as a blanket it falls upon them, and is very gentle.

What happens with many of these mischievous ones, not so much as the truly dark ones, when they see the volt coming out of the central form, they run very quickly, for they know that there will be a covering of them, and this is repulsive to them. They do not want to be touched by the Light. They know that it is gentle. Sometimes they cannot escape. And this how ~ we do this gradually over time ~ this is how we get them. See, they try to run from the Light, and every once in a while, we will get them and we pick them up in a little blanket, so to speak, and begin to soothe them. And their soul, you see, really wants this. It is the manifestation of the Soul that is objecting to it.

And so, when there is actually a holding of them, there is great joy. They will, of course, begin to struggle a bit, much like anything that you might put into a blanket that would be objecting, wiggling around and having enough. And depending upon the situation, they may stay and become very comforted by that, and it will help them in easing their own darkness and help them along their path, or it simply will act for a short period of time and they will let go from the Light and continue on their way, or they may be affected in some way so that they are less dark than before.

It is all very gentle the way it is done. There is no entrapment, for the Light will gradually fade, and they know this, that if they are encased in this blanket symbology that I give you, that eventually the Light, the energy of the Light will fade. And many of them just bide their time, waiting for that to occur.

Waith Leads The Group Meditation For Dispersing Mischievous Entities (August 16, 1988)

So let us try out this technique. Begin first by getting yourselves into the configuration. (Everyone gets into a circle) The best approach would be simply to keep your hands down at your side, and simply hold the hand.

Does it matter which side is up or down?

There is no need to have up or down, they are all to be down at this point. That is a technique that is different from what I am showing you now. So, you will keep your hands all down at your sides, for the time being. And you will begin to center yourselves, focus upon the solar plexus, and begin to place into the middle of the circle a small Light. Your eyes are closed now. And you are attempting to eliminate the sounds of the earth plane. And each of you concentrate on the middle of the circle, and think only of your own concentrations.

And now begin to breathe in, through your nose, breathe in deeply and slowly, and then breathe out through your mouth, slowly, concentrating on your own little ball. And then it is a part of everyone else's white ball. And continue to breathe in through your nose, slowly, deeply, and breathe out through your mouth, slowly. And breathe in slowly through your nose. Breathe out, begin to increase the size of the ball that you have placed in the middle. Just increase it.

Some of you will begin to visualize the total ball. Others will not and this is fine. This will come with time as you begin to practice this. And see the bright ball expanding, it is expanding quite nicely. I will give you this feedback. Some of you are seeing this, and others are not and this is fine. For those of you who are seeing the expansion, you are seeing it at a very rapid rate now, and it fills the configuration. Many of you are feeling the warmth from this huge Energy Force, for each of you have given a part to the whole. Allow the feeling of the sensation of the warmth against you and feel its protectiveness and feel its energy. And feel its gentleness, its pulsation.

And now, we are going to prepare to disperse the ball and to send out the jettison element. I will count, for now, at the beginning of this, and when I reach the number three, visualize the breaking up of the ball into those kinds of energy shots ~ the White Light shooting out, ~ and do not attempt to send it to anything in particular, simply that it is being sent out to the environment. And after all of the Light has been dispersed, stay in the circle touching each other as you are holding the hands, and I will instruct you as to what to do.

Prepare yourselves now, gather your strength of visualization, and I count now, ONE ~ TWO ~ THREE. The ball is dispersing, the Light is going out to those who need it. Visualize the softness of its touch, feel its gentleness. And now begin to feel the residual all around you as many of the sparks fall upon your own vibration. And now you have protected yourselves as well as sending the Light out to those who need it. The fallout residual, that which is left over from that which was sent, now covers you. Feel the gentleness. Feel the protection.

And now take the hand that is in your right hand and raise it to your heart and simply visualize the heart as the symbol of love giving to that entity who is with you, beside you, a part of you, the sending of love as you are all covered with the White Light. And now return the hand to your side. And I will count once again, and when I reach THREE you will very gently release your hands from each other, and keeping your eyes closed, you will breathe in deeply once again through your nose, and as you are breathing in deeply, you will raise your hands and bring them to your chest and cross them. And as you breathe out through your mouth, you will hug yourself, and I will have you hug yourself until I count to THREE again, and then you will gently lower your hands to your side and open your eyes.

So, we begin now. Visualize the love of the entity on each side of you. We count ONE ~ TWO ~ THREE. Gently breathe in through your nose. Bring your hands to your chest and cross them, and hug yourselves now, visualizing all the love that is surrounding you and all the Light that protects you, and you are part of The Universal Consciousness, and when I count to THREE you will gently release your arms and bring them slowly to your side and come from this meditation slowly ONE ~ TWO ~ THREE.

Well done. Now you may return to whatever is comfortable for you. How do you all feel now? You now have the basic technique that you can use. You will not need me to direct you anymore. We will, of course, do more. We will practice, but whenever two or more of you are gathered, you now have the technique. You all did very well. I am so pleased to see such abilities and you will all be very good teachers of this to others. There are many, many different techniques that have been presented for meditation. I have given you one that has not been presented. I have many little tricks up my wings.☺

**Waith Explains That This Technique Is One Of Many Options For Group Meditation
(August 16, 1988)**

This is the beginning of my presenting to you ~ just another option. You see, you will have many presented to you and you will find the one that is best for you. This will not be comfortable for some. You remember that. Do not attempt to force this onto anyone. Know that there are many ways to achieve this. This is simply one in many and for some it will be very comfortable and for others, not. Some other technique will work. Be gentle with those around you where this is concerned, as it is with any knowledge that is given to you. It is not right for everyone and therefore not to be forced upon anyone, just as we would not force anything which we present to you upon any of you. You take it if it is right for you. If it is not, put it aside. Find that which is right for you, for you will find that which is right for you. It is in the seeking that is important. Now, you are all glowing now. Most beautiful to observe from this vantage point.

How are our little mischievous entities?

Oh, they have long ago fled. ☺ When they saw you gathering, they fled. ☺ They were really not a true test market. They saw this about to happen and they just moved away. They were really no challenge. "No, no, no. We leave now!"

Whenever An Illusion Is Presented To You That Has Fire In It, It Is Of The Dark (September 06, 1988)

I have a question about a meditation I had a couple of weeks ago where an entity came to me that I thought was my twin flame. And he had two rocks, one was either moonstone or opal, and the other did not seem to matter what it was, as long as it had iron in it. And he struck the rocks together to make a spark, and the rock in his hand burst into flames, and then he was able to transfer the flame to me. And I was wondering what this meant. And I also got the impression that it was kind of a dangerous thing to do, and should it be repeated, I guess.

This was not your twin flame, my dear. For the record, all of you know that when your twin flame is not incarnated with you, the twin flame will not as a general rule be allowed any direct communication with you at the spirit level. It is all part of the grander scheme. It is not to say it does not happen, but only with permission. This was not your twin flame. It was, we will not give his name for it is not necessary, but he is known in the circles of dark. That which was being presented to you was an attempt to bring you in as a disciple to the dark. They do this with many. It is the device that is presented to those who might, they feel, be vulnerable to receiving the message that appears to be of the Light.

Remember that the dark perform this way. Whenever an illusion is presented to you that has fire in it, my dear children, it is of the dark. We of the Light do not give illusions to you of fire, the striking of fire. You will see rather from the Light, bright White Light, or bright colors of Light but you will not see fire. If that is presented to you, protect yourself, challenge that who comes to you, and I have given techniques for challenging those of the dark. You can refer to the readings for that. You were correct, my dear, in feeling fear, for they would want you to take that

technique and begin to visualize it yourself and in doing so they would be able to bring you into their fold, so to speak. You are learning now how to protect yourself and you are being helped. Know that protection was with you and nothing would have happened to you.

The Issue Of Self Protection In The Dream State ~ And How A Member Handled That (September 06, 1988)

I have had several attacks recently during my dreaming state. It almost like a nightmare, and then suddenly I recognize in the dream that it is an attack, and so I say in the dream this Light invocation, Christ Light invocation. And as soon as I say it, I wake up and I recognize consciously what went on. And there were even things going on in the dream where I said, "This will not affect my soul." ~ there were such horrendous things that were being done to me that I actually stated that in the dream, and then I woke up. So, this has happened twice, and I am wondering if there is any technique that I can use. I am not too frightened by it because I felt that the fact that I was made aware and saw the effect of using the Light invocation that that dissipated their power immediately. It did frighten me a little bit the second time because normally when I say that I am brought immediately out of it, and this time I guess it was so strong that even with the Light invocation there was a slight delay before I came out of it. And I was in quite a shook-up state. Is there any technique that you might suggest?

You do not need me. Really you do not. You are doing this very consciously. Your soul is deliberately using this particular approach to learn how to battle those of the dark and quite successfully. This second time that you mentioned was simply an acceleration. You did so well the first time that ~ wanted to make the tests a little harder and that is what you felt. You are doing as you need to do and quite beautifully.

A Question To Susan About Several In The Group Having A Dream Of Waith's Imposter (September 27, 1988)

Susan, in a dream I find myself in a group. In the group appeared an entity with like a featureless mask and eyes of fire. The people were afraid of him. And when I looked at him, the eyes, the fire started to diminish and the face changed very rapidly into three or four painted faces, and then it turned into like a regular person. It was pretty vivid. Another one in the group is seeing this entity. Is it something for us to be concerned with, or was it just a lesson?

⊙ I have had a very similar dream also, Susan.

Susan: Waith is instructing me now that this is his imposter attempting to do some of his mischievous works. You are not to fear it, for now that you have acknowledged it, it will be taken care of from this end. Its significance is simply that the imposter from now until our mission is completed will attempt to create confusion, will attempt to create disruption.

This is to be expected and we of The Angelic Force are here to protect you all. You must, of course, learn to protect yourselves, for that is the ultimate goal or mission, to brighten your own

Lights, but we are allowed at this time on the earth plane's evolvement as the cleansing approaches and the forces gather, those of the dark and those of the Light, that the mission of The Angelic Force increases in its intensity, and our sole purpose becomes that of guidance and protection, and we are allowed to protect in ways that we are not normally allowed to do. It is not interference, for we are never allowed to interfere. However, we are allowed to give a few zaps. ☺ ☺

What must be accomplished, however, before we are allowed to do that, is for you to experience what you have experienced in the dream state ~ and to bring it out into the public for discussion ~ and for acknowledgement that it occurs with more than just one ~ and so that you become as a group, and as individuals, able to recognize the imposter, for you bring it up for public discussion rather than keep it within you and think that it is in fact the right kind of message ~ for when you feel that anything that comes through to you is less than what you think it should be, then you must challenge it, and you must many times bring it to the group such as you have done, so that it can be dissected and acknowledged for what it truly is. It will cause you no harm and, as usual, as with the imposter, Waith handles it.

I have a friend who had a similar experience in the dream state. At first, he was unable to see, then when he was able to see again, it was like lightening, and then blurred vision and blurred hearing. This strikes me as something similar. I wonder if you could tell me if it is.

Susan: The imposter manifests himself with symbols of fire. It is something that Waith has alluded to in the past that anything coming through that has some type of fire is to be viewed very cautiously, for this imposter is one of intense darkness. Compared to those of The Angelics he is at the opposite end of The Spectrum. To those on the earth plane and to those in other dimensions he is not quite as far away in darkness, remembering, of course, that The Spectrum of dark and Light is relative to where you are on The Spectrum. However, this particular imposter, while very dark in relativity to the Angelic, is not considered dark to many ~ would in fact be considered Light to some.

Would my friend then be affected by the imposter or is this a message for me? I do not understand this particular ~

Susan: You are not to fear anything that is manifested through the imposter. As I have just indicated, the important thing is to bring it out into the group, for the imposter will attempt to do this through other friends of yours and attempts to create confusion in your life. There is nothing for you to fear. There is no reason to not see the friend. There is no reason to think of this as anything other than the imposter attempting to create disharmony within your own vibration.

Sending Light To The Dark (September 27, 1988)

Susan, would it help to send the imposter light?

Susan: As always it is very good to send Light and to send prayer. Every little bit helps. It is very good for all of you to utilize the philosophy of Being of Service and to become selfless. Remember that Light, while it may appear not to affect an entity of the darkness directly, has an effect on The Universal Consciousness, and will in some way affect, and if it is done enough, strongly over time, it may impact upon this particular entity ever so slightly. And so, yes, it would be most beneficial. He will continue, however, to do what he attempts to do. He is a direct foe, shall we say, of Waith, and Waith keeps him in the proper prospective.

There is much work that needs to be done at our level to help this entity, for the path of this entity, of course, cannot be revealed to anyone. But recognize that we have our assignment and mission to help this entity and that he has many in his realm just as The Angelics of the Light have many in their realm.

And the Light does win, my dearest ones. Rest assured, regardless, the Light wins. But it is lessons that you all must encounter in understanding how The Flow of The Universe works. And as you lighten yourself so too will you be able to fend off those of the dark, for as they are attracted to your Light, so too can they be repelled by your Light, so that you would not have any attacks eventually, for they cannot get near you even though they would attempt to. Nonetheless it is for lessons to be learned that that which occurs now occurs. We will protect you.

A Remedy For Weakening Of The Joints Resulting From Psychic Attacks (October 04, 1988)

There is also a condition that some of you and others in the future will feel that is a physical residual of the psychic attacks, that is a weakening in the joints of the body, a feeling of losing strength. This will manifest itself in several areas of the physical encasement. It will manifest itself in the area of the hands, in the area of the lower neck, as it connects to the back. There is a way to help.

You are needing this. It is to take the grapefruit juice ~ this is one of our favorite remedies, you know, grapefruit juice. It is to heat the grapefruit juice ~ the warmth is essential in remedies. There should be really nothing cold going into the physical encasement during times of distress. Heat the grapefruit juice, and in the heated grapefruit juice, place the herb that is of licorice family. Anisette, anise, yes. A small portion of this, very small, for it is strong. And we recommend perhaps, one cupful, not boiling, but warm, and to consume this three times each day, at a minimum, and this will help to relieve the pain which is in the joints of the body due to psychic attack.

Jacques, I have a problem with my knees and my elbows. I was wondering if this would relate to this residual effect. It is a weakness in the joints.

Jacques: Yes, indeed, some of it is related to that, my son. You have been under tremendous attack because of your Lightness and also because of your involvement with all of us. They do not like that. There are, however, some other issues that we feel the time to discuss with you is coming close, that we would like to discuss with you. Waith has indicated that there are particular events about to occur, within the community, and that will necessitate then a number of private readings to explain certain things. And there are some connections that you have that are ready to be explained, and it will help you in understanding the issue of the joints, as you refer to it.

We recommend that in the meantime, be careful of the type of shoe that you wear. We see your needing a shoe, especially on the right side, that has a greater support to it. Perhaps something that can be made for this support, to go under that which is the arch that will give you a greater balance. There is a bit of imbalance at the physical level.

Is It Possible To Have Other Conditions As A Result Of Psychic Attack? (October 04, 1988)

Jacques: There are many manifestations at the physical level that come from psychic attack. They come up with new ones also, to keep you off guard. There are the standard physical manifestations, and then there are others that what they do is go into your own fears. They understand what your fears are, and they find something of a physical nature, something so concrete that if you were to have it, it would create more fear. This is how they work.

Is this something that has happened to me recently? And by the way, I want to also thank you for all your help in the past couple weeks with my surgery.

Jacques: We have been honored. You have had a particular, shall we say, flowing through blood occur. That is an illusion created by the darkness. It is not there, but rather, in their abilities to create strong fears, they have led you to believe that there is something in your blood system. It is not there!

The Issue Of “Sin” ~ Where The Darkness Can Come In And Entrap You (October 11, 1988)

There is always the ability to return, but the journey will never be completed, for there has been such deliberate affiliation with the dark. And this is where discussion of the darkness would enter, for there are those many entities who are of the dark, who attempt to convince you of the benefits of being of the dark, the illusions of great things. This is very common. They make it appear for some entities, for they do become trapped in a sense, and they are trapped by their own attitudes, for they feel that they are of the dark and that they must stay there, and there is

ever more enticement for the strong of the dark to keep those who are newly initiated into the intense darkness.

When we discuss the issue of the forces of dark and Light, know that the dark tries to destroy the Light, for as the Light tries to diffuse the dark and tries to bring Light into the dark and to bring the dark into the Light, there is no attempt to destroy the dark but rather to help. And thus, the battles occur, as it might appear to be a battle. The Light views it simply as a challenge and as part of the mission to help all entities, each other, to reach Oneness. And so it is, as you learn Unconditional Love, the way in which you interact with the dark changes and it becomes a different way in which you interact. But as you change it will become clear to you the way in which you interact with the dark changes.

So yes, you are correct. The use of the word sin is appropriate for understanding on the earth plane, for if you feel that you are doing wrong and continue to do it, then it is sin. If you do wrong, as you perceive it, and attempt to change, then it is not sin, and you progress. If you do wrong, as you perceive it, and continue, then you regress, and that is where you can slip into the hands of the darkness. And so it is not in the fact that you would do wrong, as you perceive it, but rather in the way that you would respond to that, for there is no wrong, only the way in which you respond. If you feel it is and continue then it truly is ~ the more that you do this, the more you sin against yourself, and the further away from The Oneness you become.

On the other hand, the bright side of it is that as you have your awarenesses of issues being presented to you for challenge, and if you may not meet that challenge in a way that you would perceive the best way, that as you recognize that you had this opportunity presented to you and that you will try to do better the next time, you will indeed progress and grow ever so slight ~ slightly in your Lightness. Do you understand?

A Discussion Of Those Who Have An Interest In The Darkness (November 01, 1988)

I watched a television show on Satanism, for education. I do not know what to believe of it and what not, but it seems that some of it must be true. Is there something we can do to neutralize what is happening with some of these people?

This is all part of The Shift and the cleansing. The interest in the darkness, of course, comes from those who are of the dark, for they are disciples of the darkness. And as we have indicated before, because of the cleansing approaching now at a momentous rate, it is upon us now, the forces of dark and Light assemble themselves at an accelerated pace. You would refer to the many readings in which we have addressed this issue, and this particular program of which you describe is nothing unusual in the scheme of what the dark does.

It is advised that you do not distress yourself with this. If you choose to, shall we say, watch these types of programs, before you do so, meditate and recognize that this is something that is of the

dark. For some of you it would not be advisable to even watch. For others, it would be advisable, for it will enable you to help when others who have watched it are confused and upset, might come to you for guidance.

You can give them Light and help them to understand what this is all about. It is why we would advise that you meditate before, to receive guidance from yourself, from your Higher Self and your own guides as to whether you should watch this type of event, or not. And if you choose to watch it, after doing so, to meditate once again, just so that you are able to keep yourself cleansed and surrounded with the Light.

Discussion Of The Work Being Done By The Warrens, Who Are Of The Light (November 01, 1988)

I saw a presentation given by the Warrens. Could you comment on these entities?

These souls of whom you speak are very much of the Light. They have done much to bring awareness to the earth plane of energies that are not of the Light. There is a tendency with some to want to disregard that which is of the dark, and they serve a purpose, these two entities, in helping to bring to, shall we say, a respectable level, an awareness of that which is not of the Light, without it being what you might call spooky but giving it within a spiritual context, you see. Very important to understand.

This presentation that we saw regarding the Warrens left us feeling that there are diabolical forces for which we worry about encountering, being drawn to us. During the presentation, I felt that I was attacked psychically while we were there. I do not know what I am asking.

You are asking a question that is well documented in not only that which we have given for information, but also amongst others who are charged with similar responsibilities, knowing that as you grow Lighter, you are more susceptible, and that you simply, as part of the learning process and your growth, learn to protect yourself so that it does not become an issue. We find a bit of concern here that there is almost an obsession with all of you about the darkness. You must not be concentrating so much on the darkness, but rather, concentrating on the Light and not be thinking, this is dark, this is an attack, but rather, each day, you simply protect yourselves.

We have said this so many times before. It is why we continue to stress meditation ~ it is the only form of protection on a long-term basis. When you stop meditating, you begin to dilute that protection which you have built up. It is not something that you can do from one day to the next, and skip a day and think that you will be all right. It must be done regularly, continually, and as you grow in your own brightness, you will, in your own meditations, increase your own levels of protection and it will not become an issue.

You must, of course, be always aware the darkness is out there, and that for the most part, that which you speak of at the diabolical level is not of your concern. For those of the Sons of Darkness, of which we have spoken, battle with the Light at a very different dimension which only some are to be exposed to. The majority of you here, and those who would read these transcripts, will not ever encounter this high level of darkness. That is for those at different dimensions and greater advancements.

Do not worry though, for as you advance, you too will be given the opportunity to fend off those of the higher darkness, but that is not for a significant amount of time, as you would know it, perhaps, for some of you, ten thousand years, or fifty thousand years, you see. It is not to be concerned about in this manifestation. Remember that you, while you may have some attacks from the darkness, they are no more than what you are able to fend off, and they are not at a diabolical level, as you might refer to Satan. That level of darkness is not for any of you to be concerned about.

A Daughter Connecting With Those Who Have A Fascination For Satan Worship (November 01, 1988)

My daughter is coming in contact with those who have a fascination for Satan worship. They are playing with fire. She understands the danger. Is there any advice that I can give her? Should she try to help them?

She must extricate herself from these people. She must not be associated with them. At this time, her own Light is such that it needs nurturing. She is at a very critical point in her own advancement, and at a time in the future, she would have the strength to help. At this time, it is not advisable that she attempt to do this, but rather, use her energies to develop and strengthen herself, so that she may be able to help them in the future, but at this time, her energies are not in that area. She will resist you somewhat, and call upon us for guidance in your meditations, and we will assist you.

A Discussion About Whether Waith Channels Through Others ~ Challenge His Imposter (December 27, 1988)

Waith, Do You Channel Through Other Earth Plane Entities?

No, I do not. There is an imposter. You must be very careful. I will come through only Mushiba. It is she and she alone who is able to take my vibration. We have spent two earth plane years preparing her vibration for the work and it has not been an easy time for her. She and I have a mission together, and it is she and she alone. If others would represent themselves to you or others who you know as me, saying that they wanted to speak, it is an imposter.

There are many out there of the darkness who are attempting to destroy that which Mushiba and I do, and now in a short time you will all meet Abalma, for he has come back into the energy,

and the Sons of Darkness will be attempting to destroy the very high energy and vibration, so be very careful. Always challenge, you know. We have said this before. Whenever you have doubts about any entity who represents him or herself to you, to challenge, and the transcripts of our sessions are filled with ways in which to challenge the darkness. The Light can always withstand the challenge. The dark cannot. Do not fear to challenge.

Psychic Attacks ~ You Need To Accelerate Your Protection As You Become Lighter (January 10, 1989)

We are aware that a number of you have been feeling as if there has been perhaps some attacks being made upon you from those of the darkness, and this is an ongoing occurrence. For many of you, when you begin to feel this, it means that you need to begin to accelerate your own protection, for it simply means that your vibrations are increasing. You are becoming lighter and therefore, more susceptible to other vibrational attacks.

It is nothing to be concerned about, except that it is a queue to you that the form of protection you have been using is no longer going to be appropriate, that you simply need to increase your form of protection. That is all. This will be occurring on a regular basis with all of you. So do not fear that there is any major attacking going on. At least not now. We take care of that.

There may be some attempts by disciples of the darkness to do their mischievous work, for they are entities who have given of themselves to the Sons of Darkness, to be used in whatever way the Sons of Darkness might want to use them. They know not what they do themselves in actuality, you understand. And thus, you are all able to protect yourselves in the appropriate manner.

We have a little surprise for you tonight. The vibrations that we have been working on in Mushiba's physical encasement, as well as her electromagnetic field, have come to an end for this particular series of changes that have enabled us, of course, to do certain things. And one of the things that we are able to do now is for you to talk with others in The Company much more easily than in the past. Is that not right, Farena?

Someone Experiencing A Psychic Attack While Drifting Off To Sleep From Meditation (January 10, 1989)

Last week when I was meditating, I drifted off to sleep and I was not really awakened but jarred back to reality by a very uncomfortable feeling, and I do not know if I ever really was awake or ~ I do not think I became totally awake, but I did call you. Did you hear me and what happened? It really confused me.

Yes, indeed I did come to you. I brought with me Farena.

Farena: I was there. It was most enlightening. I learned a great deal. What happened to you, my love, is that there is a particular entity who is an instrument of the Sons of Darkness who is attempting to, not knowingly - for she is being used by the Sons of Darkness, to make those in the community uncomfortable, and I was brought with Waith, for there are very strong connections with this particular instrument who is being used, with Mushiba and Abalma and I. And we are trying to help her. And thus, I was brought in. She knew not what she was doing.

Waith: As you can see, we have it under control. It was simply an attempt to make you unhappy, to make you doubt, to create anxieties. This is a typical behavior. As I had indicated earlier when I came in, that there will be some mischievousness occurring here. And if you are all strong, and you can all take care of yourselves here, occasionally when it gets a little overwhelming and you begin to have thoughts of negativity, the first thing to know is that it is probably one of them being mischievous and trying to egg you on or whatever. Egg you on! There is a phrase! ☺ ☺ I work with Mushiba's vocabulary. It is amazing at times how it comes out! ☺

And so, when you begin to have these feelings of negativity, anxiety, depression, whatever, immediately say, "I know who you are. You are trying to make me unhappy. Go away." Or simply ask them to come. "Come here into the Light. Come here little entities and let me surround you with my love and Light." And you will find them dispersing immediately. They will go away.

I also saw a man's face right after it happened. Was that you?

Yes, indeed. I like to do this on occasion. I will simply show ~ It is usually very, very brief.

It is just what you were saying here. In other words, our darker side is really in connection with the darker side. But when we get in our dark moods, and things that attack us that we would think of as being our bodily functions, or the way we operate, is really the darkness attacking you.

It is the darkness attacking. It is your own degrees of Lightness responding, you see. The Lighter you become, the more distant you become from the dark. And the more they attempt to draw you back by going to that part of you that is ~ we would not say dark, but that part of you that is vulnerable, too.

Psychic Attacks Can Work In Conjunction With Your Soul Requesting To Be Tested

(January 10, 1989)

Say you have an experience with depression or guilt and suddenly you are feeling a way that you have not felt for a long time, and you thought you would overcome it, and you say, "Wait a minute, what is happening here?" Is this something that you are creating?

It is. You create this many times, for you want to test yourself. There are many occasions when you may feel that you have conquered something and you conquered it years and years and years ago. And suddenly it presents itself again. You say, "I thought I had conquered this." It is simply your soul making certain that you have indeed conquered. It is a continual test. Realize that you will test yourself continually. You will ask The Universe. Your soul will only ask for that which it wants. You will not be tested for something that your soul does not want to be tested for. So, it is your soul saying, "Let us test this. Make certain that we have truly overcome it."

Then, it is not necessarily an attack when we feel something negative. Or do they work in conjunction?

They work in conjunction. For the Soul will allow the attack to occur, you see.

So, we test ourselves continually?

Yes. You are always testing yourselves. We might say to you, for example, that you will be tested in a certain area, knowing already that your soul has requested that this testing occur. We simply do not arbitrarily say you will be tested. It is not up to us to do that. We simply know that your soul has requested it.

The Mission Of The Darkness Is To Destroy Terra Lux, A Major Pivotal Point (April 04, 1989)

This Terra Lux Community, therefore, will be very susceptible to those from the dark who would attempt to destroy the work, who would, as their mission, attempt to destroy one of the pivotal points. If they were able to do that, they would then succeed, in their minds, in the destroying the entire energy field of the earth plane, you see. We talk about very major battles that occur here, and that at the time of cleansing they are at their highest, and that certain energies, groups of entities such as those who form in the community surrounding the pivotal points, are those who willingly and anxiously come in to learn protection, for protection of Self and each other.

Being able to defend against the darkness is truly a gift and truly an ability, and in defending against the darkness there is the learning of helping the darkness to come into the Light, to help by sending love as much as the dark would rebel against the Light and would, in fact, be repelled by it. They begin to see, these entities of dark, how powerful the Light is, for the darkness does not have the same abilities to unite as those of the Light do.

Those of the Light have love as their basic lesson, if you will. We put it into those terms, and those of you of the Light use the weapon of love and you unite in this effort and this serves as an example to the darkness, for they do not have this type of weapon to defend themselves against the Light and to form in unity. They have other types of instruments that they use. They use anger, for example, to feed upon. However, as many of you realize and will come to realize, that as soon as you feel these dark instruments at work, you are able to call so quickly upon each

other and yourself with Light and love to diffuse, and their work is not accomplished. We will be discussing, at future sessions, more about the responsibilities of the community, for this will be a very large community ~ and we will not give you numbers.

And that there will, of course, be many who come and go and may not be what you would call a permanent part of the community. However, there will be a very significantly large number who will be here looking to the community for protection, guidance, enlightenment and safety at the time of The Shift, as well as before in preparation. And if an individual chooses to come just once to any session that we have, or not even to come to hear us directly but would read one of the transcripts, and if all they read is one, and that guides them in some way, then the mission is accomplished.

And the inner workings of the community core have begun and will expand as earth plane years are measured, two, and by the end of this time frame, there will be a change in much that you now know, the shapings of the community and the shelters and all of that, that we know many of you are so curious about, beginning to build and get all the supplies in and everything going. As we have said, in due time as that is necessary, and that the shelters actually are already begun.

And thus, when you are under attack, when you feel the negativity around you, look at this as the challenge that you are part of a defense community. You are part of The Warriors. And that there will be many who will look for the protection, who, at this time, do not feel that they want to acknowledge darkness, for many feel that by acknowledging darkness they will allow its existence. By not acknowledging darkness, it does not negate existence, and that it is best to understand the darkness so that there can then be the protection and the gradual evolutionary process of helping those in the darkness to move closer to the Light. That is the goal.

The goal is to help all to return to Oneness, and those of the darkness are also in that same mode. They have hidden it. They have put a block around themselves for reasons that become very complex. And therefore, every entity, regardless of its point on The Spectrum of Light and dark, is attempting to return to the One, and by protecting you are aiding, for each time you protect, you send out Light in order to do this and you send out love in order to do this, and ever so much it influences in some areas, and ever so little it will influence, but nonetheless, it will influence the darkness. And if they see for what you would call a split-second, the Light, then that has helped.

Community Members Discuss Some Psychic Attacks And Sending Light To The Dark (April 04, 1989)

My parents were recently helping me with a project. Nothing was going well and very strongly I sensed it was an attack from the darkness. I sent Light and told them to go away. Is this an example of it?

Indeed. Yes, indeed. You see, you were able to recognize what it was and you responded immediately, and by sending Light you were able to send it away, and with it, then, taking a bit of Light, you see. So, you have accomplished a very good task.

I felt that is what it was. It really works when you recognize it.

Yes, indeed. It really works.

Waith, is that what has been with (Name given) the past two weeks? Has she been under attack?

Yes, she has.

And keeping her crystals on helps her, doesn't it?

Yes, most definitely with this entity, and the periods of doubt that she would express are simply a residue from the attacks. Do not be concerned, for she will be out of the attacks. She is learning to defend herself. And she called upon this to happen to strengthen herself, for she a very critical part of the Terra Lux, and she wants to be worthy of that.

A few days ago, I tried to help someone do a letter to help diffuse a tough situation. Was it a darkness situation, and was that the right thing to do?

You responded in the correct way. There was an element of dark here, and we cannot describe or go into detail what that was all about, for this concerns the path of that individual, both individuals, that you were connecting with. You were, however, able to help in a small way, and you must, in the future, respond to your own instincts as you did. It was a correct response and you did help.

Should I continue to help this person if this continues or is that something I should not be involved in?

You will know, you will know. This will be part of the test for you to learn to know when to respond and when not to, and trust your instincts, trust your meditations.

This weekend when (Name given) had the accident and everybody walked away from it alive, I am wondering if that could have been caused by the darkness. Can they do that?

Indeed. It was not time for these entities to depart. It was necessary for a certain incident to occur for each of these three whom you refer to, for a Group Balancing. They have served time together, shall we say, in other lifetimes, and a particular one in which they found themselves at

the end of having an imbalance among them, and they have come back now to balance, and this that occurred is a beginning of that.

There will be other situations that may seem unrelated connecting these individuals. There will be another who will enter into the balancing who was not a part of this particular situation, and they will continue in their balancing. It is not for us to discuss, of course. It was simply something that they called upon to happen. They asked for it and The Universe provided it. It was not an instrument of the darkness that did this but rather simply a response from The Universe, from the Souls who asked for the experience so that they could balance.

Before I started coming here, I was learning how to meditate, and I was just learning to use the White Light when I meditate to protect myself, and I forgot once, and this is the result. (A scar on the left hand) How did they know that I was going to be here later?

Those of the darkness are also at varying levels of advancement and ability to know what is going to occur in a future time as measured on the plane. Those particular Sons of Darkness of which I refer to so often are at a very high level of attunement. They have knowledge that others at lower levels of attunement do not have. And thus, these individual entities of darkness are aware beforehand of many who will be coming into the community, and they are on the look-out, if you will, for it.

Part of what we are charged with, as well as Mushiba and Abalma and Elyon and several others, is to keep the defense shields up. In some cases, it does not happen as it would ~ as we would want it. For example, Mushiba is in training, and with her new defense shields, known as on the earth plane as wings, she is having her training difficulties, and so many times, the defenses are not as they need to be. And so, a situation like you have experienced occurs.

I do not blame anyone but myself. It is my own fault for not being smart enough to remember to White-Light myself, but that is what did drive them away.

Indeed. Under rather ordinary circumstances if an entity did not, as you say, White-Light themselves ~ that is quite cute. ☺ We will use that if you do not mind. If it were an entity who were not planning to be a part of this community, who had not at Soul Level already known of the comings into the community for specific work, there would have been, in this particular case, no attack. However, it was done primarily because of your beginnings of involvement with Terra Lux.

We say to all who would come into the community that they must look seriously at what it means to be a part of Terra Lux. It is not for all, in terms of the community core, which will consist eventually of several hundred. There is a little clue to you. ☺ Just a little clue. This is the core community. This is that which runs the organization, as you will. We will be talking of many, many hundreds and hundreds more who will seek shelter and not be a so-called member of the community, but rather just protected by the community.

So, it tried to scare me, in other words. Well, it will not work. It did at first.

Yes, spoken like a good little community member, for this is the typical response that those in the community now are giving out: "Well, it will not work. Go away. You are not going to scare us." However, when you are aware of what is occurring and you know of the support system that you have and the protection that you have and the abilities you have yourself, to protect yourself, it will not work, indeed. You simply need to call upon us for added protection, and it will not happen at all. You must ask us, however.

You all realize that. We are not asked enough. Even Mushiba, silly little goose that she is sometimes, ☺ thinks that she can do it on her own and becomes, you know, very stubborn about it. "I can defend myself. I do not need you to tell me." And finally, she admits that she needs some help, and we, of course ~ things resolve themselves. So, understand that we are fully appreciative of being here but not being called upon, and that it is no crime, if you will, to call upon us. It is no acknowledgement that you have failed in your own abilities to defend yourself. Everyone needs a little helping hand, or a wing in this case.

When I call on The Universe, it is like calling you.

That is, indeed. You simply call upon the Light, and the Light will come to you. If you want to become specific and call upon a specific energy, you will get a defense that will help that entity in its own growth. You see, when you call upon The Universe, you are just getting The Universe which does not need any help. When you call upon a particular entity to help you, then you are aiding that entity in growing by them helping you.

One day I was under a severe attack in the dream state. I had tried on my own to shoo them off with the White Light and it did not work, and then I called on Elyon and that still did not work, and finally I had to call on Amelius. I remembered screaming "Amelius," and that is what finally took care of it.

Indeed.

It was a pretty forceful attack.

Indeed. Nonetheless, one in which you were able to learn how to defend against, because you called upon Amelius who is, He is the ultimate one to call upon.

When I do feel under attack or if I just feel them around me, then I tell them, you know, "I am sending you to the Light," and I call on Amelius to come and get them. He does, doesn't He?

Yes, he does.

**What Does The Dark Feel When They Are Touched By The Light? How Are They Helped?
(April 04, 1989)**

Because I am trying to be gentle with them. But the other day, I had enough and I just kind of shot them out in The Universe. It was a reaction.

That was fine. There was no difficulty with that. You must realize that any touching of Light onto dark could be equated with you feeling a burn on your body, regardless of how gentle or forceful. It has the same effect on the darkness. They feel a burn and a response to it, and once that initial response has been felt, there then occurs what you might call an overwhelming soothing of that, and so that they feel what they would refer to as a burn of Light. It is instantaneous. It is to get their attention, so to speak. It is to have them realize that there is the Light. This is protection. This is defense. At that point, the pain is then completely eliminated and there is no memory of the pain, but rather a covering of soothing and love, and that is instantaneous and that also serves as a very strong distraction for them, and then the entire process is finished.

Lately when I talk to them, I try to tell them to go into the Light because it is love, and go into the Light and feel the love, and I try to be gentle but sometimes you have got to be tough, I guess.

Yes. There is this degree of fear. There are many of the dark who know that they are of the dark, and that they would want to come out of it. However, they know that if they were, for example, to immerse themselves in a ball of White Light, that that initial impact would be very painful, this burning. But what they do not realize is that as soon as that is over, they are nursed in Light and love and soothing, and that it then, shall we say, can cure them if you bring them into the Light.

There are so many of the darkness who are afraid to take that plunge. And thus, they might look at it as going into cold water, and they put a little bit of their energy into it and try to get accustomed to it. There are others who are much more adventurous or risk-taking or reach a point where they simply say, "I will take the chance," and they jump in, and within what you would call an instant in your time, they are covered with Light and they no longer feel pain.

So, some of them come to us knowing we will send them some Light?

Some of them will, yes, indeed. There are many of the dark who are taking the chance, if you will, of pulling away from being of the dark and coming into the field of Light. Indeed.

**Defense Against The Darkness At This Time
(June 13, 1989)**

When she is going through the cellular change, does the darkness try to take advantage of that?

It tries, but we are, during this particular time, allowed to give complete defense, so that she would, yes, be very vulnerable, but because this is something that has been requested by powers above me, it is allowed that we would completely protect. It does not mean, however, that those peripheral to Mushiba would not feel the effects, for those of the darkness, in realizing that something is going on, and they are not quite sure what it is for we have shielded them from the knowledge of this, but they know that something is going on, are a little bit perturbed.

So, the core community should intensify the Light.

All who would like to intensify the Light, it would certainly be beneficial for yourselves, as well as Mushiba. Yes.

A Question About Spontaneous Human Combustion (June 20, 1989)

About people who burn up chemically, I heard about it through the Warrens and I read about it. Is this what happens or is that also individual cases?

Generally, what is happening is that there has been an invasion by an entity of a higher vibration that is not concerned at all with the survival of the encasement and is attempting to enter to make a statement, and it is done in a hostile manner. Many times, the entity is not even aware that it has, in fact, opened its own vibrational centers to the point of a takeover such as that. It is a situation that is meant to ~ is allowed, I should say, from this end, so that certain lessons can be learned by both entities involved.

Understand that it is only the encasement that is affected, that the spirit that is in the encasement has not been damaged, so to speak, in a way of burning or such a situation. There are occasions, though they are rare, that an entity burns itself, and that it is not an invasion from another higher vibration, but rather an entity's own vibration is testing itself in a physical encasement in an unguided manner and attempts to increase its own electromagnetic field without assistance from the guides that have been assigned to it. Thus, it creates its own ~ the destruction of its own encasement. It is rare. The usual case is what we described first.

We are ready to depart now, and as we depart, we send to you very special blessings and energies. We know that the time of the year on the earth planet has begun that makes your vibrations fuzzy. The heat of the plane begins and remember that in this geographic area that it will be tropical after The Shift, and thus, you all now undergo your own bodily transitions into tolerance for that which is the heat. We give you an energy that you can take with you from this

gathering to help you during the coming time frame of what is called summer to help it to be a bit more tolerable for many of you who have difficulty tolerating the heat.

A Situation Of Mischievous Entities And The Need For More Protection Of White Light (August 15, 1989)

Regarding a friend of mine whose sister had manifestations of frogs in her house, which I think would be an indication of possession. I tried to give her some information that I have received here. Is that sufficient, what I had said to her? Not to stop the problem but enlightenment.

You must all be careful of interpretation of that which is called possession. That which was occurring in this particular incident was not possession but rather simply some negative entities being very mischievous, to put it in a lighthearted manner. Nonetheless, it is not to be looked at humorously but that there are issues that entities such as the one you have indicated, and many others who will be very susceptible to the mischievousness, of some of what we refer to as the lower forms of darkness where they are attempting to simply create a little bit of havoc. And it has a larger scope to it, however, for it indicates that the entity who is being the target of this mischievousness has opened themselves up to these types of mischievous attacks and that they are in the process of allowing their Spiritual Centers to be susceptible, and they have not deemed it necessary to protect themselves with the Light, for as you open your Spiritual Centers more and more, you need more and more protection for yourself. Possession is an entirely different issue and this was not a case of possession.

This lady works with prayers, and in the Bible, Jesus said that you should pray and pray and pray, for that is what she is going to attempt to do in this case. And I said that then that is what you should do.

Yes. That was sound advice, for prayer, of course, is very powerful and it is a form of protection against the dark forces. It does, however, also open up the entity to attack, for through prayer there is a connection with the Higher Forces and the Spiritual Centers of the entity become susceptible. You see, prayer is powerful but it also must be used in conjunction with protection from the White Light.

Meditation To Determine If Psychic Attacks Are Due To A Specific Problem (April 24, 1990)

How can you tell if physical or emotional problems are due to psychic attack or due to some physical problem?

That is a difficulty, my son, and one in which most often can be determined through a meditation. However, being able to understand that in the meditative state comes with practice in meditation and comes with the development of trusting in Self, trusting that what you are receiving for information is true, and that it is coming from the Higher Self, so that you would be

able to differentiate between the two. And it is a very difficult area of differentiation, and one that is not easily achieved by some entities. For others, it is more easily achieved only because they have worked at this in many incarnations.

For those entities currently a part of the Community of Terra Lux, be it at the core level or in the greater community membership, there will be attacks made by the darkness simply because you are a part of Terra Lux. At spirit, you have agreed to undertake this so that you will grow and strengthen, and also it will enable you to Be of Service to the greater Universe. Call out to your guides in meditation to help you to understand the difference and then to help you in working through the situation, be it one of an attack from the darkness or one that is related to a particular issue that would involve the physical encasement.

**Waith Reminds Of Protection Issues Regarding A Ring In Someone's Possession
(November 06, 1990)**

Could tell me if the ring relates to the attacks that have been going with my daughter?

We will permit a personal question. It will be the only personal question that will be permitted since it was agreed with Mushiba that it would be presented, and the answer is yes, and the techniques of protection you know very well, and use them. It is important to understand that what might appear to be an insignificant material object on the plane does indeed have an energy and is capable of the conducting of energy from other sources, be they of the Light or not. And thus, that which is so often viewed as a plaything from The Mineral Kingdom, the crystals and the rocks, are conductors of energy and are, in themselves, energy forms capable of great feats, and we have given much information regarding The Mineral Kingdom. More will follow in that which is the New Year.

I have the ring with me. Do you want it?

There is no need for us to do anything with it, my love. It is an issue that you must work through yourself and to understand why this is occurring.

**The Dark Is Not Lower Or Less Advanced Than The Light ~ It Is More Of An Attitude
(March 05, 1991)**

Would the darker entities be on a level further from The Universal Consciousness, and the Lighter ones be closer?

Now, no. This is a misconception, you see. This is a misconception that the dark energies are lower and less advanced than the Light energies, and this is simply not the situation. When we discuss the Light and the dark, we are discussing the degree of acceptance of The Universal

Consciousness, so that as an entity begins to grow in its own awarenesses it becomes, then, aware of The Universal Consciousness. When there is a darkness there is a clouding, shall we say. There is less awareness of The Universal Consciousness. It, however, does not mean that an entity is not powerful in its own vibrations and energy field, you see. It simply is best related as you would call an attitude, you see.

Now. This discussion of the Light and the dark we would want to hold for another time, for we would want to address a bit more of this Flow of The Universe, and at another time we will go into more detail the Light and the dark as it relates to The Universal Consciousness. Every layer has Light and dark

What Happens To Your Body If One Of The Forces Of Dark Grabs You?

(September 17, 1996)

It could disintegrate. That is the worst-case scenario. It simply may appear that you have, indeed, departed from the encasement ~ which you have, in a sense. It brings about discussions that we will be presenting for the record in the coming year when we talk more of meditation and what can happen.

So, we will simply place now in response to your question the point that, if you are snatched, it is, as you would call it on the plane, departure from the encasement. It is one of the explanations for what appears to be sudden death, not just in infants, of course, but in many entities. It may indeed not be recognized at the earth plane level that it was something very sudden or unexpected, or could be thought of as simply one of those things ~ here now, gone tomorrow, you see. So, it may indeed not cause any trauma at earth plane level, depending upon what actually happened in the situation.

And if you are found out in the Netherlands of Interdimensional Travel and taken, it was meant for that to happen for lessons to be learned. Remember that your Angelic Protector is always there and is charged with watching over you no matter what happens to you. If an Angelic Protector loses its charge ~ oops! Technically, that does not happen. We have safeguards against that type of situation even though it appears that the Angelic has lost its charge, "Where are you? Where are you? Yoo-hoo!" Now it is time for the Angelic Protector to go, "Yoo-hoo. Where are you?" instead of you going yoo-hoo to your Angelic Protector, "Yoo-hoo!" ~ searching The Universal Consciousness arena. The Universal Consciousness knows where every energy form is at any point, so there is the general recordkeeping, but for purposes of lessons to be learned for all involved, it can appear that there has been a lost little lamb. But ultimately, that is never the case.

Do not fear interdimensional activity. We simply emphasize the importance of protection, for we know on the plane currently there is a great deal of game playing that occurs with interdimensional activity. There is a great deal of thought that, "Oh, isn't this fun? Let us try to move into another dimension," without the proper procedures. And the mischievous entities, at a minimum, are always watching for those opportunities to do what they do best, either disrupt or

dismantle or disintegrate. The forces of dark are not to be taken lightly ~ a little Angelic joke! They are a force to be reckoned with, but they are not to be feared.

We end our meeting with you by reminding you that The Light Always Wins ~ remember that, THE LIGHT ALWAYS WINS. It may take millennia, but The Light Always Wins. It does not take millennia.

The Angelic Protector is always there. And if a protector loses you, it is lessons for The Angelic Protector, for many of them are still in training ~ an Angel in Training. The Protectors are at a high level of training. They would not be novices sent out to you, but they are certainly with lessons to be learned, just as any energy outside of The Universal Consciousness has lessons to learn. All energy outside has lessons to learn.

What Does Sometimes The Darkness Look Like? (September 17, 1996)

A good example of darkness would be an entity, a person, who would speak negatively to you and tell you that you are not able to do anything because you do not have the ability, and that you should not try to do something that others do because you simply do not have the physical ability. Any who would speak to you in that manner are dark ~ in comparison to you. We have discussed much about the dark and the Light, my love, which you may want to access in the transcripts that would give you insight into the entire issue of dark entities and their relationship to the journey

We understand that it is time for us to depart. Our timekeeper is getting what you would call antsy over there. Yes? We have been most pleased to have been with you. We depart now, and we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to you all and happy travels.

If You Feel A Focusing Of Negative Energies Coming Toward You, How Is It Best Handled? (April 12, 1997)

Sometimes I feel as though there are moments of definite focusing of negative energy coming from other entities toward me, and I have been trying to do clearing exercises that will help me detach and to help transmute the energy so that it goes into a form where it returns to the entity for its highest good.

So, you are attempting to send the negative back to the entity that is sending it to you?

Not the negative in that form, but asking for it to be somehow converted to a useful form.

Ah. An interesting behavior, my love ~ one that can create some difficulties, for when an entity is giving you negative energy or sending negative energy, you want simply to be able to block it. You do not want to put yourself in a position of deciding what should happen to that energy. That is not for you to decide. That goes, then, into the imposition arena. You simply need to block it, not to then try to transform it into something, or not to decide that it should go back in some other form, or that it should even be returned to any specific place that you would make the decision upon. It needs to be done at The Universal Consciousness level.

So, what you need to do is change that type of behavior. Simply block it ~ that is all that any energy form needs to be concerned about. If another is negative toward you, block that energy ~ simply block it ~ do not allow it to come into your vibration. If it comes into your vibration and it permeates your energy field, then you have another position. You then have become invaded by another energy form, and then you can begin to attempt to diffuse it. Attempt to send it into some form, because it has invaded you, you have become part of its path. But, simply for it to come to you and you are able to block it, does not give you the right to even diffuse it.

Diffusion activity occurs if it has invaded you. Sometimes we let the dark invade us so that we can diffuse it ~ that is an entirely different discussion. But indeed, that is part of how the Light is able to overcome the dark, by placing yourself in the position of letting it invade you because then you have the right to do with it what you so choose because it has invaded you.

The dark, by the way, has not figured this one out yet. Remember the Light always wins. And so, it may be uncomfortable for a while to be invaded by the dark, but if you are of a higher Light than the dark that invades you, or at least of an equal vibration, the Light will win and you will be able to diffuse it.

Why hasn't the dark figured it out yet?

It has not figured it out because that is simply the way that The Universal Consciousness has programmed. It is so filled with its own Self that it sees nothing other than itself. The Light, of course, sees beyond Self. When it is dark out you cannot see as well as when it is light out unless you have certain equipment ~ a flashlight. You are able to see in the dark because you have the Light ~ it always comes back to that. So, the dark is actually in a rather weak positioning, and yet it can be powerful if you do not see that it is a weak position. The dark is weak, but it empowers itself because the Light, so often, does not understand its own strength. The Light always wins.

Of the few truths that we tell you are Universal ~ this is one of them ~ THE LIGHT ALWAYS WINS. Angelics always tell the truth. ☺ According to our belief system it is true. But then again, we have to question the belief of a particular grouping of energies. Remember that we are always there to catch ~ that is an important component. No matter how much you may be overcome by the dark ~ no matter how much we like to fool around with you and talk about the differences between Angelic truths and human truths, the given is that we are protectors. Whether we like it

or not, we have to protect our charges. You give us a run for our money sometimes, as the saying goes here on the plane. 😊 Yes, we earn our wings on many days.

In The New Illusion, by the way, there will be a different imaging of Angelics. It will be well into The New Illusion, however, so when you come back into another lifetime in this next illusion coming, you will have a different perception of what we Angelics look like. 😊