

# *Waith Class Transcripts*

REMEMBERING YOUR PAST LIVES



~ A NOTE FOR THE READER ~

*Waith's words appear in this font style.*

*If one from his Spirit Group speaks, they will be identified.*

Questions and responses from those in the class appear in this font style.

☀ This symbol indicates multiple responses from class members.

*(References to names have been edited for privacy)*

*Information Given Interdimensionally*

*By Waith*

*Through Mushiba*

*Waith Institute for Spiritual Leadership*

A Publication of Terra Lux Media ~ 2002

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## REMEMBERING YOUR PAST LIVES

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASS OF OCTOBER 15, 2002)

*Waith: The blessings to all of you!*

*Our topic for this class is REMEMBERING YOUR PAST LIVES. Many have asked us to tell them about their past lives, to which we indicate that for most of the time, unless they specifically relate to what is going on in this life, you do not need to know what your past lives are.*

*What we can give you as information is commonalities that come from another life that are now part of the life you are living. We are not going to tell you, for example, that you were the Queen of Sheba and that you had many people at your beckon call. ☺*

*We may give you information about being in a particular geographic area. For example, we indicate as a common frame of reference, that many were in the Atlantean time, ten thousand years ago, and are now back in this incarnation for lessons to be learned.*

*We may even indicate particular types of activities that you were involved in that, if they would impact upon your life in this time, would help you. For the most part, we would simply indicate PATTERNS and a SERIES OF LIFETIMES that you might have had that are important to what you are now working through as issues.*

*We like to emphasize that every energy is capable of finding out about their past lives all by themselves. You do not need some external force telling you this.*

*There is a process known as meditation ~ we use the term FOCUSING TO GAIN SELF AWARENESS. The Gaining of Self Awareness is something that you all do on a regular basis ~ you cannot be living and not be Gaining Self Awareness.*

*We like to guide in terms of assisting you in learning about your own Self through your dimensions of Self and therefore learning about your past lives ~ It is quite easy.*

*Many of you already have had insights about your past lives. And, many of you have dismissed it and said, "That's just my imagination ~ that couldn't possibly be." You may have had a dream.*

*Dreams are simply an altered state in which you are able to live a life that you have already lived or live a future life or live a future time in your current life ~ for time is fluid and simultaneous.*

*You can preview future lives and review past lives. You simply need to acknowledge that this is what is happening and not something that is your imagination.*

*Those who claim to be psychic are dealing with a very limited stream of energy flow and therefore, they may be limited in what they are able to plug into. They may be able to pinpoint certain pertinent points and be accurate ~ and this is part of the lessons that they are learning in terms of developing their own abilities and of being of service to others.*

*It is quite legitimate to be able to have that ability to plug into The Universal Consciousness, or parts of it. We have that ability at a very high level ~ and even we can misread something because of what we refer to as the Webbing Effect.*

*The Webbing Effect is a component of our SEARCH FOR SELF guidance. The Webbing Effect discusses that all the streams of your lives form a webbing and that they crisscross.*

*Thus, in trying to look at a particular life, it may be crisscrossing with another one ~ or it may, indeed, be crisscrossing with the life of another who is very closely connected with you. It is not easy for someone to simply say, "Oh, poof, let me focus here and I'll tell you the answer ~ I'll give you your information."*

*You, and only you, have the ULTIMATE access to your own lives.*

*We draw this circle and in the middle is YOU, often known as Self. (See Illustration A)*

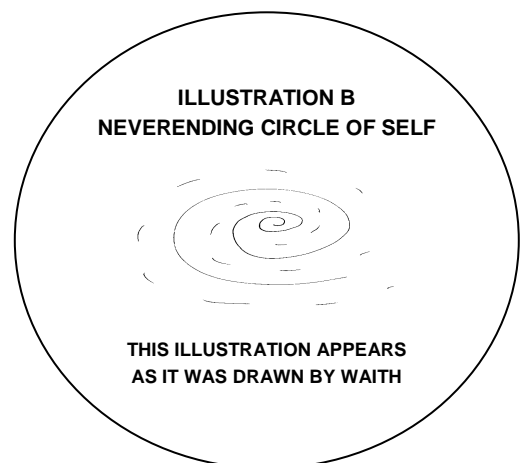
*Surrounding Self are all your dimensions. There is not a hierarchy. Oftentimes you will hear the phrases ~ and we use it as a frame of reference also ~ Concrete Self, Higher Self, Soul ~ as if it were one on top of the other ~ one higher than the other.*

*This is not completely accurate. From a linear perspective it is ~ and a circle is a linear perspective ~ you are in the middle.*

*However, the circle is a neverending circle as you see here. (See Illustration B) In this neverending circle Self is going all around Self, continuously and simultaneously.*

*Your levels of Self ~ Higher Self, Soul, Medium Self, Intermediate Self, however you would want to refer to it ~ are simply dimensions that have a different awareness from what you have at your Concrete Self level.*

*Your dimensions of Self have lived lifetimes ~ some of them have lived on the earth plane and some of them have lived in other training grounds. For, even though popular*



*myth says that Angelics can be in many places at the same time ~ and that is true ~ so can any other energy.*

*You can be in simultaneous places where your energy is concerned ~ this is not just held by the elite few ~ there is no such thing as an elite. EVERY ENERGY IS EQUAL ~ therefore, this means that each of you has many, many dimensions of Self that can travel and do other lifetimes simultaneously.*

*You need to learn how to access that information from Self. Remembering your past lives is an easy thing to do ~ we are going to give you a focusing tool in this class specifically devoted to the remembering of a past life.*

*Once you begin remembering a past life and believe that it is a past life, then you will be able to do it more and more. You may not have the whole play given to you at one time. You may have a bit and piece here and there, which is usually the way that you receive information from Self ~ a puzzle that is up to you to put together.*

*How many of you dream?* (Most people raise their hand)

*How many of you remember your dreams?* (Many people raise their hand)

*How many of you have a piece of paper and a pencil by your bedside when you wake up and remember something and then write it down?* (Some people raise their hand)

*How often does this happen?*

**For me, almost every night.**

*Have you found, then, that there have been bits and pieces and over time they fit together?*

**Well, some of it.**

*Ah-h-h, the life would be over if the complete fit were there. ☺*

*We need a volunteer. My love, stand and relax.* (The person is standing in front of Waith)

**I don't know how to relax.**

*We are going to help you. Simply breathe slowly in a way that is comfortable for you ~ unlock your hands and let them fall ~ and relax ~ breathe slowly ~ and forget that there is anyone in the room ~ forget that there are twenty sets of eyes looking at you. ☺*

*Call upon the highest of the white light and say, "I call upon the very highest of the white light."*

**I call upon the very highest of the white light.**

Say, "I call upon my Angelic Protector."

I call upon my Angelic Protector.

Say, "I call upon my Spirit Guides."

I call upon my Spirit Guides.

Say, "Join me, please."

Join me, please.

*Breathe slowly ~ and envision a big ball of soft, fluffy white light ~ think of it as a cloud or think of it as piece of cotton that is fluffy ~ fluffy bright white light. Envision that it is moving down your body and encircling and surrounding your body ~ it is relaxing you ~ it is all around you ~ it is soft and fluffy ~ you are relaxed.*

Now, my love, what do you do?

I don't know.

*This was our point because we have brought you ~ and all of you ~ to the point that will be our next step. You felt a relaxation ~ you were beginning to be there. Return to where you were sitting and relax ~ and keep the white light surrounding you. Your Angelic Protector and Spirit Guides are shielding and protecting you.*

Now, then, the focusing components are as follows.

Step One ~ relax.

Step Two ~ envision white light.

Step Three ~ call upon your Angelic Protector and Spirit Guides

Step Four ~ ask to learn of a past life. It is as simple as asking. You are asking Self specifically ~ and you do not have to be in any kind of trance. 😊

*Meditation, as it is called ~ or as we call it GAINING SELF AWARENESS ~ can be achieved through FORMAL FOCUSING and INFORMAL FOCUSING. You can simply bring yourself into a state of relaxation, always asking for protection from the white light, and then to simply say, "Okay, Self, I would like to learn of a past life," and, here is the qualifier, "that applies to a lesson I have in this life." BE VERY SPECIFIC.*

*If you are in a FORMAL FOCUSING, this means that you are truly quieting yourself all around you ~ there is nothing else going on. This is a wonderful activity and we are very encouraging of it.*

*For the most part, however, most of you can find time in the day, either when you are driving your car, walking, knitting, painting, doing any kind of activity that is distracting you from your job. Most of you have jobs that distract you, that do not allow you ~ or so you think ~ to go within Self.*

*Thus, Step Four is a request that you can make of Self that is always going to be uppermost in Self's mind. The snippets that you receive are from past lives ~ you just have not put them together. You do not need to put the whole puzzle together ~ three snippets might be all that you need to truly say, "What is this about?"*

*You have to challenge the snippets that you hear as being evidence of a past life because once you put the message out to The Universe ~ and we mean The Universe in its Oneness and The Universe that is within Self ~ once that has been placed in The Universal arena, you will receive the information.*

*It is an impossibility to ask The Universe for information and not receive it back ~ it is an impossibility! You may not hear it coming back in the way YOU think you should be hearing it ~ this is the difficulty ~ this is the challenge and this is, oftentimes, the arrogance of the Human kingdom. You say, "Well, I asked The Universe to tell me about a past life regarding this issue of patience I have and I haven't heard anything yet ~ it's been a couple of hours!" ☺*

*The Universe is going to give you back the information in the way that it feels you would best need it. Part of the challenge of growth as an energy is to trust in The Universe and to trust that The Universe does give the information that you ask of it, which is why when you send out the request, you need to do it only once, my loved ones.*

*It is that easy ~ you do not have to keep asking every hour on the hour. ☺ It is out there. Sometimes you will know that you are receiving an answer ~ in fact, you may feel bombarded and say, "Okay, enough already!"*

*Oftentimes, however, The Universe can be quite subtle and can give you information in ways that you would not expect ~ it may not be while you are thinking about receiving the answer. You could be watching a television program, you could be hearing a song on the radio and a phrase in the song strikes you or a story plot line strikes you and you say, "Oh, wait, that means something for me."*

*Whenever you feel that something has meaning for you, it does ~ it is not imagination. Imagination, as it has been defined on the earth plane, means something frivolous that does not exist. Thus, we say, then, that there is no such thing as imagination, for every thought that you have is coming from another part of Self. You are constantly creating your own existence.*

*Imagination, if taken in its truest sense, is a beautiful thing ~ it means that you are bringing forth that which is the creative part of you ~ that which is the knowledge of Self within Self.*

*Ask once ~ and this is what you are all going to do now as we bring you into a focusing and taking you one step beyond the point we took you earlier.*

*We would like you all to relax. This focusing tool can be used at your desk, getting ready for a meeting ~ you can be anywhere.*

*Relax yourselves and breathe slowly and gently ~ let go of everything ~ give yourself thirty seconds ~ let go of everything ~ relax.*

*Say softly, "I call upon the highest of the white light."*

*Now, "I call upon my Angelic Protectors."*

*Now, "I call upon my Spirit Guides ~ come and be with me now."*

*Again, breathing gently and relaxing, say, "Self, please give me information about my past lives that will be of assistance to me now in this life."*

*Now relax.*

*(Waith snaps his fingers and speaks immediately after he had them relax) We bring you back ~ it is time to go to that meeting! We do this as a point. It is time now to get back into the earth plane ~ it is time now to do whatever it was you were doing. However, you have sent it out there ~ The Universe has heard it.*

*Every one of you in this class does not ever have to make that request again ~ you have said it once. In a moment, we are going to pick up where you were when we brought you back so abruptly. However, for now, tell us how you felt.*

 **Like I was melting.**

 **I felt a tingling.**

 **There was the smell of roses.**

*The smell of roses ~ what do you think that might be?*

**I don't know.**

*Well that is something to journey into Self to learn. You were given a little snippet ~ the smell of roses means something ~ it did not just happen arbitrarily.*

**Does it mean Saint Theresa is here?**

*For one person, it may mean that and for another it may not ~ it may have an entirely different meaning. Symbolism, as you know it, that is described in books of dreams, really are meant as very generic frames of reference, for a dream is your experience ~ you do not need to have symbolism.*

*So, roses will mean one thing to one person and another thing to another person ~ although there may be some linkages of commonalty that are there, because The Universal Consciousness has commonalty and, therefore, would ascribe to certain symbols a particular type of meaning.*

*What other thoughts or sensations did any of you feel?*

**I felt my pulse very strongly in the back of my head.**

*Have you felt that before?*

**Yes.**

*And have you taken a journey within Self to determine why?*

**No.**

*Why not?*

**Maybe I don't want to know yet.**

*Indeed ~ a very good point. Sometimes you may have a sensation, you may have a thought, and you do not want to really pursue it ~ it is not time ~ at least as you think at the concrete. It may, indeed, be time and you are not quite ready.*

*You will not hear information if you are not ready to hear it. It may come to you before you are ready to use it ~ however, you will not have it unless you are ready to use it ~ there is fine distinction there.*

*You will receive information before you are ready to use it, oftentimes ~ however, you will not receive information unless you are ready to use it. So, appreciate that anything that you hear ~ any snippet ~ is truly what you are ready to hear EVENTUALLY.*

*We are now going to have you take a small amount of time to do this exercise on your own. Instead of saying, "Please give me information from a past life that I can learn about," you can say, "I am ready to receive information about a past life." So, that is the type of phrasing that you now would say.*

*Once you have asked for the information, any time that you want to, you can say, "I am ready to receive any information that you would want to give me." Ask only once and then reinforce it by saying, "I am ready."*

*We want you to pretend that you are in a very earth planey environment. Envision anything ~ it could be your job, it could be at home, it could be any environment ~ earth planey means that it is very concrete. So, envision, then, a very concrete environment.*



*Think that there are no others in the room with you. Say the words softly ~ this is to practice using this tool. When you arrive at Step Four, say those words we have indicated, and when you have said that, relax and allow something to enter in.*

*Do not predetermine the form of what it is you are going to receive ~ it may be an image, it may be a word, it may be a sensation ~ do not judge it and accept whatever it is that comes. And, then, we will bring you back. Go now, my loved ones.*

(Approximately five minutes elapse)

*It is time to slowly and gently return back into the concreteness, bringing with you any snippet. Slowly return ~ wiggle your feet and wiggle your hands ~ yawn if you have to ~ stretch yourself if it feels appropriate. And now, laugh! (There is laughter and chatter)*

*So, my love, tell us of a snippet.*

**I was very relaxed and I was floating. I got very comfortable and had a really rapid heartbeat and I would float a little bit and then it came back. And there were lots of blues and grays.**

*And, what do you think that means?*

**I don't know. It felt good ~ I haven't been quite that relaxed in a very long time.**

*What you have now is the next step in the process ~ for you have a snippet and now you can be more specific. Instead of just saying, "Please give me some information because I am ready to receive information," now you are at this step and can say, "What does this information mean ~ what does the floating and the blue and the gray and the pounding of the heart mean?" You become more specific and keep doing that until you find the answer that Self will give.*

*Another snippet?*

**I had two. One had a lot of violence and turmoil and I felt that there were many children being killed and I felt that I need to do something about that in this lifetime. And, for the second one, I felt like I was in Arizona or somewhere in the desert, and I was a deputy, definitely with a badge, and I was being trampled by a horse. I watched him coming from a distance and I think he killed me ~ I don't know.**

*What are you able to do with these two snippets?*

**In regard to the one with the deputy, I do have a position of power in my office and I feel like the people around me are killing me. And with the other, I just have been receiving thoughts lately about opening a home to help children ~ it just seemed so powerful that there was death and violence of children in my past and now in my future I need to do something about protecting them.**

*Indeed, and what further steps could you take now with these two bits of information?*

**I'd have to quit my job and find a way to find....**

*Before you would do that?*

**I'd have to win the lotto! 😊**

*Before you would do that ~ do you have all you need to know about these two snippets?*

**Do I? I'm not sure.**

*As long as you are not sure means that you take that information back into Self ~ you keep taking back the specific information and getting more and more specific and say, for example, "What is it about the violence and the children that I need to know more about?" It may not mean that you are to quit your job and open up a home for children of violence. It may mean something entirely different.*

**So, how do we not misinterpret what we receive?**

*Ah-h-h! Therein is the journey! It is all about Self. You ask, "What is my safe answer ~ how do I know definitely that it is the right answer?" How do you know definitely?*

**If it feels good?**

*If it feels good. What else?*

**We might never know definitively. We can just try it out and if it feels good, we can say, 'okay, I'll try it out' and then I'll know if it was the way to go or not by the outcome.**

*Indeed. There is nothing definitive until you try it out. When it feels like it is the right thing to do and you have gathered enough information ~ and we encourage you to gather information within Self ~ the question then comes, "When is enough information enough?"*

*When do you stop gathering information and acting upon it? This is your greatest challenge ~ to determine and say, "This is enough information for now ~ I'm going to act on it ~ it feels like this is right." It may end up that it was not really what you wanted to do. However, ultimately, everything that you do is the right thing to do for it takes you further along in your path.*

*If it feels that it is the right thing to do, and you act upon that sense of feeling, then other activities are ready to present themselves ~ and you act upon IT. It may end up that this was not quite what you wanted. There is no WORST THING that could happen ~ from a spiritual perspective.*

*Do not think that anything that you do is bad ~ for it is not. All of you have had past lives in which you did things that have made you come back to another life to balance. This is not a negative.*

*All of you are imperfect because you are outside of The Universal Consciousness. Your goal is to regain your own light and that means that you act on something once you feel*

*you have enough information ~ and sometimes even if you do not have enough information. You simply say, "All right, I'm not going to get any more information until I act and then once I act, I'll be able to gather more information."*

*Living is simply a series of actions and what you are living in this life is a direct result of what you have lived in other lifetimes ~ it is a residual. It is up to you to find out what it was that you were living in other lifetimes. It is all yours ~ you own it. It is nothing external.*

*If you do not know how to relax in this lifetime, you can be guaranteed that it is a residual of something that has come from another lifetime ~ and you have brought it into this lifetime to work on it more. Otherwise, you would not have brought it into this lifetime.*

*Everything that you are working on, you have deliberately and consciously ~ at some level of Self ~ decided to bring into this life to work on. Nothing external has done it to you.*

*Each of you takes on the responsibility of your own life and that includes all the past lives ~ all the wonderful things that have happened and all the things that you did not think were wonderful. Ultimately they were, for they have made you who you are right now ~ beautiful, loving, light filled energies.*

*The dark is meant to motivate the light. Without the dark the light is not motivated. Embrace that which you feel is dark in your life and before you know it, that darkness will be light and you will be embracing the light of Self.*

*It is easy to relax ~ you simply have to say, "I'm putting everything out of my mind for thirty seconds." Try that ~ thirty seconds. And, if you can do it for thirty seconds, then you can do it for sixty seconds ~ and on and on.*

**You said that we only have to send the message out once to The Universe. Every morning I bless myself with holy water before I leave the house and I invite the divine white light of protection to come around my house. So, now I'm envisioning that I can't even get back in because there's so many Angels protecting the house. Do I need to keep doing that?**

*Oh, indeed. The protection of the light is an ongoing behavior ~ that is a very beneficial behavior that you would do. Always, when you are seeking information, whether it is going to be in a formal way or simply an informal way ~ if you are going into a bookstore and are looking for information ~ call upon the highest of the white light to guide you ~ to help you.*

*The white light is also there to protect you. So, as you go on a trip ~ when you get into your automobile to go to the store ~ surround yourself and your automobile with white light. This should be an ongoing behavior. At some point, it will be an automatic thing ~ you will not think consciously that you are doing it.*

*Certainly using symbolism ~ concrete items such as the water ~ is a good way for you to know that you are doing it and is a reminder ~ it is a ritual that is beneficial.*

**I am confused because you said earlier that when we ask The Universe once, it's out there and we don't have to ask again.**

*Asking The Universe for INFORMATION need only be done once. Protection of the white light is something that you are surrounding yourself with that needs continual reinforcement ~ it is a different scenario than asking for information.*

**When we got to where I said that I want to receive the information, I became terrified. My heart started racing, my pulse went up and my breathing got faster. I just can't get past the fear that I don't want to know. Am I always going to be that way? Am I ever going to get to a point where I'm ready to receive any information?**

*You may not ~ in this life, my love.*

*There are some lifetimes that an entity takes on that is meant simply to not know anything new ~ it is simply to, perhaps, maintain the status quo. It is not a negative that you feel this way ~ do not feel that there is something wrong with you ~ there is not. You are simply being cautious about certain things.*

**If we have a strong attraction toward something, say for instance, we have an affinity for anything oriental or Native American or we're moved by a certain group of people, is that indicative that we probably lived previously?**

*What do you think, my love?*

**Well, yes.**

*You do not need to ask a high level Spook! 😊*

**That's not the snippets you're talking about is it?**

*Why not? What is a snippet? How does one define a snippet?*

**I've felt this way my whole life.**

*It is a long term snippet! 😊*

**Okay, I should trust the feeling, then?**

*Indeed! Until you act upon the snippet in some way, it will continue to haunt you and once you act upon it, you will know one way or the other what it is about. And certainly, having an affinity for a particular culture or particular group of people for your entire life, can be a very wonderful thing ~ it can influence tremendously the way in which you behave and the types of activities you pursue.*

**Is it true that we become physically ill if we're not on our proper path?**

*Understand that everyone is on their true path ~ there is no one who is not on their path. You are all spiritual beings ~ therefore you are all on spiritual paths. There is no such thing as a nonspiritual path.*

*What you do is correct, ultimately ~ no matter what it is ~ as far as The Universal Consciousness is concerned. Illness is a result of an unlearned lesson ~ it is not a negative. It has nothing to do with not doing something, where you would say, "Oh, I'm ill because I'm really not on my path ~ I have not learned what my spirituality is about."*

*Every one of you is spiritual ~ it is impossible not to be. You are spiritual beings living human lives. So, illness is simply an indicator that you have an unlearned lesson ~ that is all. And part of learning what that is about is going back into a past life ~ remembering a past life ~ through a snippet.*

*It is time for us to bring closure. We are very pleased to have been of service to you.*

*We send to you all now the very highest of the white light from the very highest of the Kingdom of Amelius. Farewell to you.*

**Farewell and thanks, Waith.**

