

Waith Class Transcripts, Excerpts

VIBRATIONS AND ATTUNEMENT

FROM TRANSCRIPTS 1987-1996

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*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 ☺)

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How Would We Know Whether We Are Attuned Or Not?

(February 02, 1988)

This is the Search for Self. Realize that if you are not attuned it is not a terrible thing. You must not feel that you must be attuned, for in the scheme of time it simply means that your vibration was at a certain level, and it was no longer harmonious with the earth plane and that you have to leave the earth plane and go do some other things. There will be many who will be of a very bright vibration who simply will not be of a high enough vibration, and the reasons for this can be something as simple as that you have not had that many lifetimes on the earth plane to develop your attunement, you see. It does not mean that you are in utter darkness or a negative energy or anything of that nature. It will, of course, apply to many of the darkness, but it does not apply to all. And if you are attuned, you will have a choice as to whether you want to remain or not.

There will be many who are attuned who decide that they do not want to stay after all, for whatever their soul's mission might be. They may not have come into this life to stay after The Shift. There are many who have come in who are already attuned vibrationally whose mission it is to help after The Shift, to prepare before The Shift, and to help after The Shift in the adjustments that will be necessary. You can begin to get a feel yourself for your attunements through your own meditations. You will know this. If you are attuned, you will know it. You will not need to ask. And if you are not attuned, you will not know. It is a difficult concept to relay.

Increased Vibrations Of All Affect The Level of Vibration Of The Whole

(July 26, 1988)

When we increase in our vibrations, when even one small entity grows, then does it increase the level of vibration of the whole?

Yes. This is a concept that is so difficult for most to understand. We have said it before that whatever any one of you do, whatever any one of us do, we are all connected to the One. And when you in fact pull a leaf from a tree without asking its permission, you have affected the One. At some level that has been felt. This means that when there has been ever so slight a progress by any one energy form at any dimension in The Universe by any number, any one of the trillions and trillions and trillions of energy forms, that it is felt by the whole at some level. You will not say, by sitting there, "Oh! I feel something." This will not be at a conscious level, but it will very much affect the entire organism.

And so, it is the goal of all energy forms, earth plane bound or not, to have love and respect for any other energy form and to realize that everything has a life in it and that your attitude must work in harmony and there must be the desire to send love to all those energy forms, be they The Animal Kingdom, The Plant Kingdom, or The Human Kingdom, and that that which you do affects the total, and you, eventually.

A Question About Vibrational Names

(January 17, 1989)

Do vibrational names refer to our essence, or our souls, or what do they mean?

It depends on many situations. For some, the name given is a soul name, is an essence name. For others it has a vibrational attunement for particular groupings in time. For example, Waith and Mushiba are vibrationally attuned for times spent in particular incarnations. And when we give out particular vibrational names to individuals, they may, in fact, be names that are vibrationally attuned to Waith and Mushiba and have that connection. There may be names that have no connection vibrationally with our names but rather reflect the essence of your own vibration and its connection to that which occurs now in this time frame on the plane.

So that means one can have several vibrational names?

Oh yes, indeed. Many, many.

Description of Mushiba's Necessary Cellular Changes ~ What To Do As Your Body Begins To Change As A Result Of Your Own Vibrational Changes

(June 13, 1989)

We are in on a lower vibration now during these cellular changes and will speak with you briefly. This first segment of the cellular changes are creating tremendous changes in the molecular structure of the physical encasement, and we thought that you might be curious to know what it is all about, why it is occurring, and what it means, not only the process with Mushiba, but also for each of you, for as each of you increases in your own vibration, your physical encasement physically changes to accommodate that which the scientists would say does not exist, and that is spirit. And what we will describe to you in terms of what we do with Mushiba will give you an indication of what you may also do as your body begins to change as a result of your own vibrational changes. It is applicable to you, and also, just the knowledge of the phenomena that we work is of interest to many.

What we do is considered accelerated vibrational change, and it is something that, in agreement with Mushiba, we have taken over certain changes. It is almost as if you would think of it as switches in an electrical box, and they are all being switched on and off, on and off, as the wires are realigned to create a higher energy field. You all experience this in very minor, minor ways, many of you on a continuing basis, but in such minor ways that you do not see immediate impact. You see it over time as your own body adjusts to different patterns. And thus, you are able to accommodate these changes gradually as it is meant to be. We will address this in a bit.

What we do with Mushiba, and what we have been doing with the physical encasement since we began speaking through her, is periodically to change the energy field. Her own spirit energy is exceptionally high in spirit form and is therefore able to accommodate the accelerated changes without there occurring a burnout, as it might be referred to. There is caution that needs to be given, for example, when an entity from a higher vibration would want to speak through you as we speak through Mushiba, that the body that it would speak through is properly aligned vibrationally and energy wise, and if not, burnout, short circuiting, can occur where the energy form literally sparks out, much as you would see a shortage because of an overload of electricity.

What we do now is, in concentrated periods of time, we enter the vibration of Mushiba and work on the circuits. This creates tremendous fatigue in the physical encasement. The necessity for great amounts of fluid going through the body is necessary to prevent shortages or, as you might call, a burning, you see, much as water over a stone soothing. The particular food that we have prescribed over time has also had molecular ramifications for the particular cellular change in which we are working. The fact that when I was on the plane in many incarnations I enjoyed strawberries, does not have anything to do with strawberries being a part of this particular diet.

What each of these cellular changes, however, has enabled us, is to come through in higher frequencies, in stronger vibrations, and it will enable us to present to you our energies in as high a level as is possible through any physical encasement. My energies are of such a vibration that, if they were to come through fully, it would short circuit even Mushiba. There is no physical encasement that could take it. And this is true of most entities who would want to come through and speak and be of guidance. Any entity who would not take precautions with the physical encasement, whether it be for yourselves or for anyone who you would know, is not of the Light, for they would simply want to come in quickly and do whatever they wanted to do and would have no concern for the encasement. Many of you have seen changes over this time frame that we have been speaking, and you have seen the capabilities of myself and the group increase.

This is the third major cellular change, and it will be for some time now the final one. There will be minor cellular changes occurring on a regular basis, but this will be the final major. This major change involves that which is called the central nervous system, and it is related to a vibrational opening that is new to the spirit of Mushiba and is necessary for the advancement beyond the plane when that occurs.

What will occur as a result of this particular cell change is that we will have capabilities of healing through Mushiba when we are in the physical encasement, and we will demonstrate the applicability of healing powers where appropriate. Not all of the group will be doing the healing. Jacques has been able to do this on occasion, through Mushiba, in a very modified manner and was very successful. We will be doing things where it is needed in a very dramatic way.

With this being the final cellular change of a major proportion for some time, we thought it appropriate that you understand, for your own purposes, what you can do for yourselves when you begin to feel certain symptoms of cellular adjustment within your own encasement. And thus, we have indicated that milk, and it must be the whole milk with the cream in it, the

grapefruit juice, and the water ~ this is the flushing out, that the quantities that you would consume would be determined by your own body's reactions, that which you feel appropriate for yourself.

You will on occasion feel a fatigue. A fatigue, remember, is not always a sign of a cell change, so you must be aware that it could simply be that the physical encasement has been overworked, but if you feel a sudden unexplained fatigue that comes on with no explanation, it simply means that you are having vibrational changes in your body, and perhaps, take then a glass of each of the liquids. And they will not, as you would say, curdle in the stomach, for the vibrational adjustment is in such need of those particular fluids that it would absorb them immediately and not allow for them to get together, shall we say ~ would absorb immediately.

When you begin to feel in your body an itching in particular places that come on suddenly, this is for most instances an indication of the energy that is stirring around in your encasement, attempting to get out. What you need to do is to direct that energy into one of the Spiritual Centers, depending on which is the closest one to where the itching is occurring, you see. The Solar Plexus is a favorite exit as it is entry point. Also, the Crown Chakra is another that is appropriate. And what you simply do, is to direct all of the scratching, if you will, and physically on the skin, to move it toward a particular point, that which is closest, so that you do not find yourself going the entire length of your body trying to move the energy out. So, think of it much as you would simply water that has accumulated and needs to be flushed out, and we do not use that analogy in jest of what has occurred in the geographic location now. Understand that has all been planned and necessary. (Refers to recent flooding of Mushiba's and Limer's residence)

What is occurring with Mushiba now is something that she does not discuss or talk to most people about. She encounters a great deal of physical discomfort and pain, for there is pain associated with the changes, which at an accelerated rate that we do them, will occur. It will not occur for the average change or realignment. You might feel a bit of what you might call a pin prick on your skin. You might feel that. In accelerated changes such as we do with Mushiba, it is intensified tremendously. This is done, however, for the mission, and it will be finished in a very short time, this cell change.

What we most want you to understand is that this is what we do with Mushiba, not a particularly unique situation. It has been done over time for particular types of what you would call channelling. It does not occur with all channelling, as you would call it. There are many situations where, for example, your guide comes through and speaks. That does not require cellular changes in the dramatic way in which we demonstrate, for there is an alignment already of energies.

It is in those situations where there will be particular types of work done such as we do, and will plan to do as time progresses, that require very high vibration. Understand that we are simply taking from the spirit form of Mushiba and placing what is already there in her own spirit form into the physical encasement. We are not putting a higher vibration in from nowhere. It comes from somewhere. Energy does not simply come about without a source. So, we have begun this

process with Mushiba. As a result of it, during this time frame there will be a much-lowered energy for us to speak through, and our time in the physical encasement will be shortened so as to not put undue stress. This will be completed in a very short time as the earth plane goes. We would now address questions or observations.

Questions From Community Members Who May Be Experiencing Cellular Changes (June 13, 1989)

Would the exhaustion that I felt this weekend be part of all this, or a cell change, or just my own exhaustion?

Yes. You are one who undergoes regular vibrational changes. Any who have taken on an accelerated growth pattern in this incarnation will have this as a situation, and those who have taken on an acceleration over the acceleration, will feel it in greater form. And you responded as you needed to.

For once, huh?

Oh, it is not just the first time. You have responded many times in the appropriate manner. Many times, not. But many times, you have. But that is how we learn, my love.

Could part of what I am constantly feeling with my hands be my energy increasing?

Yes, it is simple. Indeed. Many of you experience sensations in the physical encasement that you may dismiss as any number of things, and rather than become distressed by them, view them in a joyous manner, for that it means that you are increasing your own awarenesses.

The Vibrational Scheme Of The Universe ~ Feeling Vibrational Changes Within The Physical (October 31, 1989)

The vibrational scheme of The Universe ~ the earth plane now prepares itself to move from one phase into the next phase as the movement toward the cleansing accelerates, and in that time frame, known as months, there are two remaining in the final phase of this particular vibration. And as we have indicated in a very brief manner in the past, with the beginning of that which is called the New Year on the plane's illusion, begins a new phase of the mission, and there will be many of you during these two-month period about to occur who will be feeling vibrational changes within the physical encasements, and this physical encasement change will be the physical manifestation of changes in your spirit vibration.

It will be, as we might say, spearheaded by Mushiba for the time frame of ~ that begins with what is called tomorrow, begins her own vibrational attunements. This is not a cell change.

Those are completed. This will simply be for all of you who may be also experiencing unexpected or unexplainable changes, or feelings, or sensations. You may look to Mushiba for she will be able to help you in these areas and to explain to you what is occurring. She will be given the information from us when needed and when appropriate to help any of you who may experience this for the first time in understanding what it means.

You may find yourselves drawn to certain foods that would go into the encasement. Go with your instincts. For example, Mushiba will be consuming fruit only for a particular time frame. Many of you, of course, have grown quite accustomed to these dietary restrictions that have been undergone by Mushiba. Many of you now will undergo your own minor types of changes. Your appetites will change or desires for certain types of nourishment for the encasement will change. Some will see rather dramatic changes and others will see minor changes. It is dependent upon the extent of the vibrational heightening.

During various vibrational changes now, that will occur because of the acceleration toward the cleansing will occur for many of you now, periodic changes in your vibration, and you may see this visibly through your own encasement changes, or you may simply feel this through a sensation of what might be described as a numbness within the entire being. A feeling of, at times, of total unity with that which is. It will occur for a brief moment as measured on the plane and it will give you an ever-so-slight orientation and remembrance of Oneness and it will help you as you move through your own changes.

As the acceleration approaches for the cleansing, there will be therefore changes, and you need each to speak with each other about these changes that happen to you so that you do not feel isolated nor would others feel isolated. So many of you would seek out the others in the community to help draw out some who may be a bit hesitant to speak on changes, and we will devote time in the coming open sessions for this two-month period for some documentation for the record by those of you who have begun to experience these changes, so that those who would read the transcripts in the future will have an understanding of what occurs to entities during the final stages of a cleansing and also to entities who are taking on accelerated growth at the same time as the accelerated vibration of the earth occurs. It is about to be a most, shall we say, in an understatement, interesting time to occur.

You will be able to call upon your guides now in very specific ways for their assistance in your acclimation to a heightened vibration. They will be especially accessible to each of you during this two-month period, and we again say to you that you watch the changes that occur with Mushiba for they will be dramatic and this will serve as your own model so that you will understand your own changes and speak with her about them so that you will settle in. And when you then begin to go through your own vibrational changes in the future, it will not be a surprise to you. It will not be anything you are unable to handle, nor would it be anything for you to talk about in great detail, simply for you to experience it. However, this first-time experience for the majority of you to be consciously aware at earth plane of a vibrational attunement is important that all be aware of each other's and to help each other through this.

Once A Person Is Vibrationally Attuned, Can They Lose That Attunement?

(June 05, 1990)

Yes. They absolutely can, just as any energy through an act that creates an imbalance can lose ground. Yes. One must not become, as you would say, complacent or arrogant: "I am vibrationally attuned, and you are not." That attitude in itself could regress you and you could lose that. You must not think of it as privilege, for it is not. You must think of it only as a responsibility, for as each of you grows in your own vibration and becomes stronger within Self, you then take on a greater responsibility to Be of Service to Others, and if you walk around flaunting, it will be taken from you.

Would You Explain The Different Levels Of Consciousness, Some Refer To The Seven Heavens?

(February 26, 1991)

There are many names on the plane that are given for the very same concept. We choose in our dissemination of information to not give specific names to the concept other than that which is very generalized, for it makes for an easier flow of understanding. There are, however, as you indicate, various levels, and the closer that one begins to be to The Universal Consciousness, then the greater, of course, is the awareness of The Universal Consciousness. Some would say that as you reach a certain level, be it what you would call seven, or twelve, or fifteen, or whatever, but it is a certain vibrational level, that there is a very distinct difference in the awareness levels than there would be from all the other levels. You see, there is what you might call a quantum jump into awareness. But this is reserved for that area around The Universal Consciousness that is imminent for return.

Is one level conscious of the other level?

Understand that the higher levels are aware very much of the lower levels so that they are able to see what occurs at the lower levels. The lower levels are aware that there might be something up there, but not really aware, and have no idea, if you will, of what is at that level. For the most part, it is safe to say that the lower levels are not aware of the higher levels until they reach that level, of course, and that it therefore becomes very easy for the higher levels to move into the lower levels to guide and assist. But it is not possible for the lower levels to move into the higher levels and then back into the lower level. They must have achieved that level first, you see.

So, up can go down, but down does not go up until they have gone up, you see. They cannot go to a level beyond their own. Higher levels can go to any level below them, you see. So, if there were an entity, let us say, at this level here, they would still have many, many levels to go, you see. And the purpose for this is for guidance and for assistance, to Be of Service. Those at higher levels are obligated to Be of Service to those of lower levels, to bring those of lower levels to higher levels. Is that understood, my son?

We have for this session completed that which we would want to relay to you, and we would anticipate that you would have questions and that you would want perhaps to think through this next week, as it is called, and ponder upon that which has been said.

**Relating Most Directly To The Planet Itself, It Is Time For A Shaking Up Of Awarenesses
(August 06, 1991)**

Now. The time has come in this game we call The Universe, and the earth plane, for a shaking up of awarenesses. It happens periodically on the earth plane, and it relates most directly to the planet itself, for at the time of each illusion change, the planet undergoes very strong vibrational changes. It simply changes in its vibration. There are times when it increases in its vibration, and times when it moves into another realm of its vibration. For your purposes of knowledge for now, you simply need to know that it increases in its vibration and that in order for this increase to occur, there must be tremendous amounts of effort being given by The Human Kingdom toward this movement forward for the vibration of the planet.

The planet calls out now. It has been a most beautiful energy and has served well and has served the selfishness that is inherent in The Human Kingdom toward the earth. This is a part of the scenario of The Human Kingdom, and it is an agreement that is made with the earth's energy. The earth will maintain The Human Kingdom because of the very specific lessons that need to be learned by The Human Kingdom and the energies who would incarnate into The Human Kingdom for very specific lessons. Not all energy comes in to The Human Kingdom. Understand that.

**Waith Begins Discussion Of Earth Vibration Changes Occurring, Past, Present, And Future
(December 20, 1992)**

Now, we would like to give you, and to have with you, a discussion of earth vibrations as they relate especially to that which is occurring now, the changes that have been, the changes that are occurring now, and the changes that will be coming about.

You know, vibrationally, this is a most critical time for the planet, that which is the beginning of the movement in this geographic area toward the Light, so that there is more Light occurring on the plane. This has a vibrational significance. The other half of the earth is moving toward the dark now, and that also has a vibrational significance. It is representative of the balance that all energy has, the movement toward the dark and the movement toward the Light, and the balance. As the earth achieves that balance so beautifully, so too do all of you balance in your movement within the Spectrum of Light and the balance of the dark and the Light within each energy.

It is important that you connect your energies vibrationally now at this time with the earth. And quite a while ago now, Mushiba had this meditation that occurred for each of the season changes in which you would each find a representation of the earth, vibrationally, and it would be placed into the basket that you see now beside Mushiba's encasement.

And this continues in this gathering, for after we have departed, that part of the ceremony, as you would refer to it, will continue, and this would mark a significant time frame, for the geographic space that you find yourselves in now will be the last time a season change will be held in this space, and it is a transition time, then, from that, when this tradition was begun and that which it will be continued.

We have placed an energy of solitude and stability in this energy grouping from the earth that will then connect with you as you each participate in the meditation that will give you a sense of continuance as the remainder of this earth plane year comes to a limping end. It does seem to limp along, does it not, as it reaches its conclusion, and the anticipation of something better is part of the earth plane experience.

Would there be any comments or questions that we might perhaps address so that it becomes a dialogue instead of a monologue?

Waith Discusses The Strength Of Peace And Contentment That Comes From Solitude (December 20, 1992)

Why an energy of solitude?

Ah, an energy of solitude. You know, it is necessary for each energy to feel secure within Self and to feel the strength that comes from aloneness, knowing, of course, that you are never alone. You may be alone physically on the plane but all of us are around haunting you, as you might say. However, it does give a certain strength to feel the peace and contentment that comes from solitude, and that it is necessary, if you are To Be of Service to Others, to be able to feel comfortable with Self alone without all of the extraneous earth plane distractions.

And as the New Year comes in, the emphasis that we will be having with all of you is Playtime on the Earth Plane. And in order to play, in order to feel lighthearted and happy, one must feel a sense of strength from aloneness, for it is from the sense of solitude that one truly feels lighthearted, for aloneness means that you are able to let go of all that would encumber you. And thus, we will be helping, as the year moves along, to give you techniques and to give you guidance in the quest for comfort and solitude within Self.

Does this have any connection with Self love?

Ah, indeed. From the sense of Respect for Self comes the Love of Self, and it is the eternal quest of energies outside of ~ out of The Universal Consciousness, out of The One, to seek this sense of strength within Self and the Self love. It is not unique only to those on the sojourn of the earth plane; it is Universal, and, you know, an issue that is perhaps the most difficult. It is so easy, especially on the plane, to say "Well, if I were to develop Self, I would be selfish. I am told that I should Be of Service to Others."

Understand, and we have said this so many different times, and cannot say it enough, however, that in order for each of us as energies to Be of Service to Others, we must have the strength within, for it is only the amount of strength within and love of Self that is equal to that which we are able to give to others. You cannot give more than you have, and the more that you have, the more that you are able to give, and the more that you have, the less likely it is that you will be depleted.

It is when one holds onto things of materialism or things of emotion that say, "I will not show love toward others," that the constrictions occur, and it becomes, therefore, more difficult to not only Love Self but to Love Others, for there is the sense of threat to the inner being. The stronger each of us becomes within Self, the easier it is to give away, for there is no fear, for there is security in the sense of solitude.

A Discussion Of Astrological Reference Points Relating To Vibration (December 20, 1992)

You said now is when the New Year starts because the days are getting longer. How does that work in astrology, the New Year starts in March? Is it just a different reference point? A different symbolism?

Yes, my love, it is. As we have stated so often, there are so many different reference points and frames of reference, each, however, most appropriate to that which is the mission of that particular lesson or vibration. And that which you refer to astrologically is very much connected with all that occurs with the planet Earth and the vibration. It is connected in a way that makes it very easy to work on the earth plane. You see, vibrationally, things are quite different in other dimensions as we look upon the vibration of the earth plane and we see it a little differently. It would be too complicated to do it at physical the way that it is at spirit, so that astrologically all is correct.

Adjusting Your Own Vibration For The New Illusion Energy (February 02, 1993)

Now. We will want to help you with this coming time of vibrational change, for most of you will be feeling it in rather intense degrees, and we use the word degrees, you know, in the humorous manner. You ~ many of you will be feeling within your encasement very, very hot, and we have indicated, oh, so long ago that if you are able to not utilize this air conditioning,

that it will better enable you to adjust your own vibration for The New Illusion energy that will be in this geographic area, that which you would now give as a frame of reference of being tropical. Now. It takes on a different dimension, however, than tropical, but that is the best way for us to describe it to you from the current frame of reference.

Now. You would say, how do we connect Playtime with the Earth Plane with getting through this heat that is about to encompass you? We provide to you a visualization that will help you to cool the Energy Centers. This is the critical way in which one would work with the vibrational changes. You work with your own energies and you work with that Energy Center that moves throughout the encasement.

Now. As we have spoken, there will be polarity changes in The New Illusion that will be different from the way in which the energy flows currently in your vibration. And the energy flows now through the Energy Centers up and down, right through the middle. Ah! In The New Illusion, in the new vibration, the energies will have a circular movement and will indeed move from what you now call right to left and left to right, rather than up and down, as you would say, north/south, it will be east/west.

Topic Of Session ~ Vibrational Changes (October 08, 1995)

We have gathered with you in this session to discuss the topic of vibrational changes. There has been much said of vibrational changes on the earth plane in recent times. Some of it correctly stated, but most of it not. Most information that has become known is misleading at best. There is the idea that vibrational change is something very concrete and can be seen and therefore valid. Vibrational change relates to abstractness. It relates to energy that cannot be seen and yet brings in a very powerful change in an entity, whatever that encasement might be, whether it is human, animal, mineral, plant, air, wind, fire, any kingdom that houses energy.

Vibrational change is an activity that occurs on a regular basis with all energies. It is not something that is reserved for the enlightened few. That is also another misperception, and also false information perpetrated by the spiritual elite who think that only those who have reached a level of advancement and spiritual enlightenment will be able to go through vibrational changes. This is incorrect, and you must be most careful of those who would perpetrate such information. There is no such thing as the special entities ~ the elite. There is no such thing as elite entities. There is only entities ~ some with more advanced awarenesses ~ but, certainly, not giving them a status of elite.

Vibrational changes occur with every energy form. It is necessary for growth. It is necessary to sustain the energy. Without vibrational changes there would be nothing. Energy would cease. The type of vibrational change differs from entity to entity. We are here to give you a certain description of type of vibrational change.

There Is A Vibrational Change When Lessons Are Learned (October 08, 1995)

The first type is the common vibrational change. As each entity learns a lesson, to whatever degree it needed to be learned, to whatever degree it was determined to be learned ~ that percentage that we have spoken of ~ when those lessons are learned, there is a change in the vibration. You have all experienced it. You may not have been aware of it. But as you learn your lessons, you change. Lesson learning is meant to change you. That is the whole point.

There Is Vibrational Change When An Energy Brings In Higher Levels Of Self (October 08, 1995)

Another type of vibrational change relates to when an energy brings in higher levels of Self ~ Higher Self walk-ins as you might call it. This takes on various dimensions. Vibrational changes with Higher Self walk-ins can be very dramatic, for there can be a sudden infusion of energy into the vibration that comes from the higher sources and creates a rather dramatic change in an energy.

As humans, you have experienced this phenomenon. You have seen people who seem to have changed overnight as a result of an incident. They suddenly feel stronger. They express their views more strongly. They have a greater strength. It is the result of a Higher Self infusion, and it does indeed happen dramatically. It may be what you call this overnight sensation. It may be the result of walking away from a very dramatic occurrence. It may be simply going to sleep and waking up, having infused Higher Self.

The Higher Self is capable of infusing multidimensional levels of its own awareness. For most entities, they only begin to scratch the surface in any one lifetime of bringing in levels of Higher Self. This is one type of vibrational change. It results in an entity being able to respond in a stronger way to its path. It is what you might call the cavalry coming to the rescue ~ bringing in Higher Self.

An energy can have Higher Self infusions regularly during a lifetime. Once an infusion has settled in, and the path is continued in a stronger way, more is expected of the energy from The Universe, and the path takes on a greater dimension. Thus, the energy may need to bring in more Higher Self. It is a feeding cycle. The more that Higher Self infuses, the greater are the demands by The Universe placed upon the energy and the greater the demands by The Universe, the greater the need for Higher Self infusion. It becomes a cycle. Higher Self infusions occur with just about any energy ~ in any encasement. Some occur more frequently than others, but as you gain in your awarenesses and you move out of the type of energy vibrational adjustment that we spoke of earlier, you move into this area of Higher Self infusions.

**Another Type Of Vibrational Adjustment Is Concerning Interdimensional Communication
(October 08, 1995)**

Another type of vibrational adjustment is concerning interdimensional communication. As you are able to communicate through your Higher Self to the Universal Forces, an attunement occurs ~ a fine tuning of your own vibrational field that allows you to communicate with sources higher than your consciousness, whether it is your Higher Self, your Soul, your energy grouping, or the greater Universal Consciousness. That is a vibrational adjustment.

Each energy is in a continuous process of fine tuning that particular type of energy attunement. Not all energies currently encased are able to have this type of vibrational attunement. The reason for this amounts to the type of path they have taken on, their own levels of advancement, energy wise, and their own desires to, or not to, communicate with sources higher than the consciousness. There are others who do communicate interdimensionally, but are unaware of it at the conscious. The purpose of meditation is to help in the polishing of this particular ability, to bring about vibrational adjustments, via interdimensional communication. Meditation, then, serves as a tool to connect conscious with unconscious and to bring about vibrational adjustments.

**Another Type Of Vibrational Adjustment Relates To Interkingdom Communication
(October 08, 1995)**

Another type of vibrational adjustment relates to Interkingdom Communication. It brings us now to a discussion of vibrational changes as they relate to the changes of the planet, as they relate to the coming of The New Illusion and as they relate to your adaptations to a changing illusion. Vibrational adjustments reach an exaggerated form at the time of an illusion change. Most of those vibrational adjustments are unseen. However, in their unseen quality, they bring about dramatic physical, concrete changes. You cannot see a vibrational adjustment. You see only the results of it.

The earth, in its cleansing now, reaches out to those who share its vibrational field. The earth attempts to communicate. With many of you, the earth has been successful. With many of you, it has not. It is not a negative or a positive statement, whether or not you have communicated with the earth. It simply is one way or the other. You do not have to communicate with the earth. Not all currently sharing the earth's vibration are meant to communicate with the earth. The majority currently on the plane will not be sharing the earth's vibration in The New Illusion. We are on the record with that information.

**The Vibrational Adjustments Currently Occurring Relate To A Very Specific Type Of Vibrational Change ~ That Is A Change Of Venue
(October 08, 1995)**

The vibrational adjustments currently occurring relate to a very specific type of vibrational change ~ that is a change of venue, as you would easily understand it. Venue on the earth plane means a placement. The earth will be changing its placement when the axis finally shakes the planet. In the meantime, there are changes of venue occurring ~ some minor, some major. Some on the plane expect dramatic changes. "When is California going to drop off the earth?" That is inconsequential within a discussion of vibrational adjustments and vibrational changes. What is consequential is a discussion of your own vibrational changes, for you do have them, each who hear these words and who read these words.

It is a time of changing of illusions. It is a time of acceleration for growth. Many of you will stay into The New Illusion. Most will not. But, not staying into The New Illusion is not meant to be thought of as negative, and therefore, not to work on vibrational changes. Quite the opposite. Those who stay into The New Illusion have done so because of hard work through millennia. Many who stay in this New Illusion coming will find it to be their first transitional New Illusion presence.

Many have not experienced going from one illusion to the next. It takes many illusion changes for an energy to build their own energy awareness and strength to participate in such an energy change in such a vibrational adjustment. But you will not reach that point in future lifetimes unless you work right up until the end to change your vibration. When you leave the current life, you will take with you, then, a level of advancement of energy and a vibrational attunement that will prepare you ever so slightly more for the next illusion change.

In the next illusion change you still may not be ready to go through that type of venue adjustment. It may take a number of illusion changes before you are ready, for it takes a very strong vibrational field to withstand the impact of a New Illusion. The changes that occur, energy wise, at that moment of switching are dramatic. We do not discuss that moment of switching, for those who will not be in The New Illusion would never understand what we say, and those who will be in The New Illusion do not need to hear it. Mushiba recently underwent vibrational adjustments ~ and those who surround her are still here to talk of it. Vibrational adjustments can be rather strenuous on an energy when done over a period of time.

**Another Type Of Vibrational Adjustment Relates To Those Who Communicate
Interdimensionally By Allowing An Energy To Speak Through Them
(October 08, 1995)**

Another type of vibrational adjustment relates to those who communicate interdimensionally by allowing an energy to speak through them. There are many on the plane now who do this. The way in which we speak through Mushiba requires vibrational adjustments. Those vibrational adjustments vary from entity to entity and are determined by the type of energy who wishes to communicate through.

We indicated before our summer retreat that there would be a tightening of the energy field, and we jokingly made reference that many of you would also be experiencing this tightening and would perhaps, then, not worry about dieting. It was a joke. Many took it literally in thinking that there would be a shrinkage of the body, the encasement. That is not what was said. What occurs in this particular situation with Mushiba was a tightening within the vibrational field that gave a much greater foundation of energy for us to enter through, and also strengthened her own abilities in working with energy. It gave a greater strength to the overall vibration. It enables us to come and go much more quickly and much more easily. When you see that, it is a result of a vibrational adjustment. We come and go much more quickly, with much less effort.

Each vibrational adjustment that Mushiba has gone through, in our time speaking, has been necessary so as to strengthen our own mission. This is true of any on the plane who communicate in the way that we do. When there is channelling, as it is so often referred to ~ we prefer interdimensional communication to the word channelling ~ there is need for vibrational adjustments, even if it is Higher Self that is speaking through, but more importantly, when it comes from an outside energy source.

If one were to claim that they do not have these kinds of adjustments, that it is all very easy for them, then you must question whether they are actually bringing through a legitimate source. It may simply be their Higher Self. Any energy who allows an outside source to communicate through by use of their encasement undergoes periodic vibrational adjustments. It is critical. If it does not occur, there is something negligent in the process ~ in those who are working with this ~ whether it is the energy on the plane or whether it is the outside source.

Vibrational adjustments are critical, periodically, for a realigning of the energy field. There is tremendous stress placed on an energy field, such as Mushiba's, with the comings and goings of an outside energy. It does not appear to the outside world that there is any stress occurring, but there is. Mushiba hides it well, for one thing. It is very natural for her. Others do not hide it as well. The more developed the process becomes, the easier it is to appear to not have stress within the vibration. There is stress. At the same time, there is calmness. But periodically, we have to shake up the vibration in order to soothe it. This is what occurred during this summer retreat. It was a time of adjustment of Mushiba's physical, what you call, thermostat. It is continuing to be adjusted. It is not completed yet.

What we have described to you with Mushiba is partially related to the Earth changes and the coming vibrational shaking. The earth is undergoing tremendous stress, vibrationally. It is being cleaned out in parts of its field, and in other parts of its field, it awaits cleansing. It is not all happening simultaneously. As one component is partially cleaned, it is soothed and then it awaits its next cleansing.

It is up to higher sources working with the vibration of the planet to assist in that vibrational adjustment. It is also up to many on the plane to assist in that vibrational adjustment. The result of vibrational adjustment will show in ways that you would not expect. To those who would not

have the awareness to recognize it, no amount of description from us would enlighten you. To those who would recognize it, it is not needed to be discussed.

That awareness comes from observation. If one would complain, "Well, Waith, if you do not explain it to us, how will we learn?" You will learn by knowing it exists and by seeking it out and observing. You will not learn by us describing it, for you would be incapable of understanding the description. This is the way of The Universe. This is how you learn. After you have learned it, you understand it.

We give you certain descriptives that are appropriate for your search for the incident that will be observable by you, and therefore able to be learned by you. This relates to vibrational adjustments. Many were waiting to see Mushiba at the end of the summer retreat. What would she look like? She has taken the wart off the end of her nose. She does not fly on her broomstick any longer. There is no visible change. There is a behavioral change. There is an attitude change. There has been an infusion of Higher Self.

But more importantly, there has been an adjustment that enables our mission to be stronger, and therefore enables her mission and the mission of Terra Lux, and therefore, the mission of all who would come within our vibrational field to be stronger, to have greater capability in growth. Vibrational adjustments, then, simply mean the recognition of change and the recognition of growth, attainable by all ~ necessary, in fact, for all. Nothing elite about it. We would take questions relating to this topic.

Information Coming From Different Sources (October 08, 1995)

There are a lot of sources talking about the vibrational shifts. Are those types of vibrational changes the same ones you are talking about now in this discussion?

In essence, yes. You need to look at each source, however, and not make a generalized evaluation. Some of the sources are very legitimate and very, very helpful. Others need to be questioned. Again, whether or not you question a source is part of your own seeking of knowledge and learning of lessons. You may seek out a source and find no questioning needed for that source. Another may seek out that same source and have many, many questions of it. It, therefore, does not mean one way or the other that the source needs to be validated. It simply means that for the person who is seeking the information it may need to be validated.

There are some sources that currently are on the plane that have widespread perceptions of acceptance, and other sources that have widespread non-acceptance. Most of the time, however, it is an individual matter. You determine whether a source needs to be validated or not.