

Light Beings: Good evening, and welcome. Again have you noticed that the energy is different even than it has been in the last two sessions? Tonight it is not as laid back but it is of a more, might we say, "sticky" nature. And we feel that this is perhaps due to some of the interesting issues many of you have experienced in these last two weeks. So we will now open for questions, because we know that you came here with the hopes of clearing some of your confusions.

Moderator: Therefore the most confused can go first? [Group laughter]

Question#1: In a conversation I had right before I left work today, I felt the unspoken message that I heard was that it's time to move on, that I was being nudged or pushed to go in a different direction. Is that so, and if so, should I go in the direction of another job within my company, or is this a nudge to focus on the real work I came here to do?

LBs: As you know, we have a tendency to help you see, as opposed to giving you direct answers. And we also recognize that that creates frustration for you at times, but we are going to proceed in that manner, because you know at a very deep level that you have reached a point of your growth where you are no longer able to accept some of the situations you are placed in on a daily basis, as far as letting it be a part of who you presently are. At one time, you were able to play out the dramas to a great degree and get some satisfaction from it, but now you see many times that the dramas are no longer something you want to participate in, are no longer a part of who you are, and so, you have become basically bored with what you do on a day-to-day basis. So, you know that at a deep level.

And what you are now going to find is that you are going to be presented with mirrors of others who are feeling much as you are feeling about things, and you are going to be presented also with many conversations that are going to, much as today, upset you, because it is saying something you know at one level is of truth but at another level builds great fear within you because a part of you is not yet ready to sever the relationship with your corporate world, with the world that you have felt safe in. And so, you are going to have to work through those issues, that fear, before you are even going to know what path you are ultimately going to walk on.

So, do not concern yourself too much about whether you take another job internally or make a greater step into something different. What you need to focus on are the issues that are brought up within you, such as your fear of [loss of] security, such as your fear of not being able to provide. There are many issues that you are going to need to work through before you make the giant leap, so do not concern yourself too much about what the next step is; you will know at a deep level what the right move will be. But do you understand what we are saying? Right now, concentrate more on what is brought up for you emotionally. That is the most important.

Q2: The two you just mentioned are true: fear of [loss of] security and being able to provide for my family and myself. Yet, I feel real squeezed to do something different or move a different way. I don't know if I should just sit tight, and look for the issues that are coming up in the mirrors, or move.

LBs: Well, let us remind you that one of the things that we have talked to all of you about many times is that part of the lesson at this time is learning the balance of living on the dense planet and yet being able to walk your talk. And so, that is also part of what you are going to have to sort out for yourself, because you know, again at a very deep level, what you need, and so, you are very concerned at this time about exactly what you do need to do. Don't push that yet, because there are still many things that

you need to walk through before you will understand exactly where you need to be ten years from now. So don't get impatient, but be patient with yourself in the learning, and you will know when the time is right for you to step outside of that environment you presently feel the need for. Work on the issues that are being brought up, and once you get most of those behind you and are secure within yourself, have peeled away enough layers to know who you really are, then the questions will no longer be present.

Q3: It's just so hard to be who I am now, because I've changed so much since I started there, because it's requiring me to act a certain way, be a certain way that I'm not.

LBs: And that may be why you will make a move, but you will know when the time is right for that because the right opportunity will come up. And it may still be within that company for a short period of time.

Q4: Okay. Why am I having so many headaches lately?

LBs: You are wrestling with the value of self; you are wrestling with standing up for what your internal beliefs are. You are wrestling with a dichotomy of who you were and who you have become. And so, it is creating a lot of inner tension, and that is physically manifesting itself as headaches.

Q5: My son is very closed, and doesn't seem to trust enough to talk. He's really depressed, and I'm real concerned about him. I'd like to know what's happening with him, and is there anything I can do to help?

LBs: The greatest help for him will be for you to accept the fact that he is going through a . . . we hesitate to use the word "separation" but . . . through a separation of also who he was and who he is becoming. And it is very confusing to him because he is seeing you make many changes that he does not understand. You are no longer the person that you were as he was growing up, and so, you are not even responding in the same way, and that is creating confusion, as well as the very fact that he is going through a particular age that automatically brings in confusion. And so, he is dealing not only with what every young man goes through at his age, but he is dealing with a mother who has made massive changes and he is not sure who now his mother is, and also, he holds some anger about his sister and what is going on in her life at this time. So, he has a lot of fear that he is trying to work through and a lot of confusion about why there are so many changes in so many people that surround him, not recognizing it is a mirror for his own change. So, if you can be patient and understanding with him and be open when he is ready to talk, and perhaps say to him, "I understand you do not know any longer who I am, and I'd like to share with you why I've made some of these changes," it might help.

Q: Okay. Thank you very much.

Q6: Is it possible to create a group energy that lasts for a period of time and grows, without creating a group ego?

LBs: Yes, it is definitely possible. And the way to do that is for each individual to be aware that this energy is forming and be willing to set aside their own ego, only in such a way that it is not.... And this gets very difficult to explain again; we are very limited with vocabulary; but if we can try to explain. . . a group energy is formed many times, and then what happens is that that group energy becomes inflexible; and then an ego develops. It becomes fearful that if for any reason the group might break up, the individual egos would be in danger in some way, they would be missing something, they would be separated. And so they form an ego that is of

protection for them, for the group itself; and then they become inflexible. This is what happens many, many times when religious groups form, because they form with ideals that are of pure intent originally, and then they begin to form this energy, this bonding, that goes on among each of them. And then they become dependent upon that energy, upon that bonding, not recognizing that it is possible for that bonding and energy to expand and extend; it does not have to be segregated just to that group. They are not understanding that they can take that energy and move it out into their family units, into their work place. They believe it is only in that bonding, in that group. And then they become inflexible and begin to set up rules and doctrines that are of the ego.

But there is definitely a possibility for that not to happen if a group forms with pure intent, and understands that it is not going to form a separateness, but it is going to take that energy and use it, and expand from that into all other associations that each individual has. So it is possible.

Q7: Do the group's intentions then change?

LBs: No, because originally, if the intention is one of growth, if you are joining and bonding from pure intent, and you do not buy into that you must have this group to be able to experience that energy, then the intent stays pure and is the same as when it began. But usually the intent changes as the group bonds and then rules and doctrines are developed.

Q8: In a reading I had recently, the channel said he was surprised that I chose to do what I came to do in a woman's body, and I asked why, and he said, "I don't know except it's harder." What does that mean?

LBs: This is not something that is really unusual, because many times ones mission is of such that in a particular body it is easier to manifest than in another. In your particular case, you have a lot of masculine energy anyway, and so it has not really held you back other than perhaps your physical stamina has not been as great as it could have been had you had the male genes, so to speak. But we would say that... We're certainly not contradicting, but we're saying that it has not created as much of an obstacle as one might have thought.

Q9: So that mainly had to do with stamina then?

LBs: Yes. Yes. Had you... And even in your female body, you could have chosen a little bit of a...of a more... You did not choose a genetic heritage of a lot of strength. In other words, you are not of the warrior type. And so it may have slowed you in some things that you might have accomplished, but it has not slowed you in such a way that it has been a real obstacle.

Q: Thank you.

Q10: You've talked about visualizing the color gold as a form of transmuting energy that is external and coming towards one, energy that is being brought towards one. The word "transmute" is very open-ended. Could you explain that in more detail?

LBs: Yes. When we say to use the color gold for transmuting, what many times happens is... Say two people come together, and their energies begin to meld; they begin to interact with each other. And say ones energy is of an irritable nature; perhaps it's been a difficult day or perhaps someone has said something to them that has created irritability, and they come into your field and exchange with you, and you are feeling this energy. You are feeling it. But rather than allowing the ego to step in and work with that energy, which is what happens most of the

time when energies begin to communicate, if you will let that energy transmute, you will be able to understand more what the energy is really saying. Instead of interpreting it ego-to-ego, it is more a soul-to-soul interpretation then. It helps to filter, so that the information comes through, but without the emotion attached to it. So, it helps to filter out the emotion, which is truly coming from the ego. Feelings are coming from the Soul, so it doesn't filter out feelings; but it filters out ego and the emotions that are attached.

It helps filter out the emotion so you can understand more what is truly being said. It is much as we are saying to you that it has been recognized for a long time that you notice what the body is saying, rather than what is coming out of the mouth. Well, it's taking it a step farther, [helping one hear] what the Soul is really saying, not what the ego is necessarily saying. It helps with understanding and hearing that level of communication.

Q11: A friend and I went to a restaurant for dinner, and just as soon as we walked in and sat down I sensed very quickly there was somebody who had a lot of anxiety and frustration and specific places in their body were very tight, tangled. Soon I had a headache, a pain through the neck, and upper back. I asked for help to filter it out. Why would I or anyone else feel and single out the experience of a particular person in a group setting? Someone we may not even know? Did they ask for help at a soul level and I am there to provide help for them, or what?

LBs: Many times you ask a question that has multi-layers of answers, and this is one of those questions; so there is more than one reason and more than one way it can happen, according to the circumstance. With you in particular, you are empathetic; you actually can feel many times what others are feeling in bodily pain. So, that is a part of your nature, and you know at some level that you need to protect yourself at times from that kind of thing, even in your healing work, or you will end up with some of the same symptoms they have. And so, that is something that you are working on and need to work on or it can be a detriment to you and to your body.

So, setting that aside, there are two reasons why you pick up, and one of those reasons you are not particularly going to want to hear, because it is a mirror for some of the emotions you yourself are experiencing and working with. And so, like attracts like in that respect, and you will feel what these people are feeling to help you become more aware of your own issues, your own emotions that you are working with. So, that may be one of the things that brings it to your attention. But the other thing is many times when someone is under stress, their energy is of a denser vibration, and so it tends to penetrate more. Or if they are ecstatic, if they are extraordinarily joyful, it will also penetrate more, but not because of the denseness but because the vibration is different. It is lighter in that particular case, of a greater frequency, but still of a different frequency than most energy fields, and so it will infiltrate at a greater distance and make you more aware. But especially the denser emotions will tend to penetrate energy fields, and you will become aware of them.

Everybody is not as aware as you are of the energy. You are becoming more and more aware of that. Even in your work place or in your home environment, you are much more sensitive to the energies, and so, you pick up easier what others are experiencing. But what many people are picking up will manifest itself as just an uneasiness, and they won't have the foggiest idea; they may not even want to go back to that restaurant again and may not know why. But they may be picking up on the same energies that you could interpret. Do you understand?

Q12: Yes. And would "intensity" be a similar word for your word "density?" Is it the intensity or is it the kind of vibration, the kind of energy?

LBs: It is more the kind of energy. It's much as you know yourself from experience: when one is angry and you are receiving that energy, you know the...you call it "intensity." You could call it intensity or you could call it density. If you could see it, you would see that energy is of the color red, which is of a slower frequency. So, if you could see in color, you would see that it is actually that some of these anxieties, anger, those kinds of energies, those kinds of emotions, create an actually slower frequency. It would even be a different color, if you could see that color.

Q13: Okay. I realized when it was happening that I was feeling it because it was bouncing off of something that was mine also. And I'm kind of afraid. It's like, if the energy that I'm experiencing sticks like Velcro, then it's mine. It is resonating off of something that I have going on. Usually with asking for some help and centering, I can step out of it, or create such radiance that it is no longer as difficult of an experience.

LBs: You are opening the conversation now for us to bring up something that we would like for you to begin to experiment with, because it is your next step in learning more about energies. Each of you here in one way or another is a healer. Part of your mission is to heal the body, the mind, or a combination of the body-mind, and to even help heal in ways that are non-verbal, or even so subtle that many times people will not be aware of this energy healing. And so, as we have told you before, part of your great talent is that of a healer. And you are opening to these energy opportunities now, and it is up to you to decide how frequently you want to open to that, and how much energy you want to extend towards that, but you are absolutely correct in understanding that you can be of help by the way your energy responds to what you are perceiving and interpreting.

And each of you here in the room will be able to learn that kind of technique as you move along and understand more about your own energy fields and those of others. As you begin to experience--and you will begin to experience more and more of what he is experiencing; he is just a little ahead of the game because he has experienced that also and did not understand what was happening. That is just simply his nature, of being that sensitive to energy. But you will be able to start using this energy, and be able to transmute what is coming to you, and send back energies that are of a healing nature. And they will not, of course, be aware of what is happening, but they will begin to sense, if they are open to the healing--and they may not be--but if they are open to the healing, they will begin to sense that something is happening.

Q14: Is it possible, if you are feeling something like that, but you don't know the source, to just generally, through intent, send that positive energy out to go to whoever needs it?

LBs: Yes, it is very possible! And it is even possible that you are going to reach the point where you will be able to pick up energies that may not be directly in contact with you and still be able to send out healing energy back. That is definitely possible. It is not necessary to know exactly which individual it comes from.

Q15: Are you suggesting that that episode I had in a restaurant a few weeks back that nearly sent me into an emotional panic because it was so strong, the energy I received from a lady, that I could have helped myself if I had just concentrated on opening up my heart, and sending out the gold light and pink light to her?

LBs: By using the gold light with yourself, you would have been able to transmute her energy and understand more what she was really saying to you, and then you would have been able to send out (in that particular case) green, and lavender or violet. And so, you would have sensed the right color.

Q16: If I mentally scanned the possible colors, the appropriate one would have felt right to me when I got to it?

LBs: Correct.

Q17: But she wasn't sending the energy to me personally. She was just sending it out, and I was simply picking it up?

LBs: And you were picking it up--and this is something we would like to say to each of you. There was an analogy made that it was like Velcro; it stuck. And that's an excellent way of looking at it. If the energy is sticking with you, it is also very helpful for you at a later time, once you have transmuted the energy and done your healing work, once you get away from the situation, to examine what you originally felt, because it is something that you are needing to work with. It is either a fear, or an anxiety or some sort of issue you have not yet come to grips with, or you would not have absorbed it to the point that it was making you uncomfortable, because healers will many times pick up energy, understand what it is, but not feel the effects of it, and be able to send out the kind of energy that will be healing. Do you understand the difference there?

Q18: There's a detachment. Is that what you mean?

LBs: That is correct. It's even more than a detachment. You are simply observing, "Oh! This is a red energy coming to me from this person across the room. I'm going to transmute that." Or feel, "Oh! This person is fearful of what is happening in her home life. I'm going to send her the colors that I feel will help her through what she is fearing at this time." And then you proceed to send her the pink and the green that will be helpful to her. Do you see the difference there? You are not absorbing any of that anxiety, or anger, or fear.

Moderator: I'm sorry. We must take a break now. Thank you so much.

[BREAK]

LBs: Welcome back.

Q19: Question about living in a dichotomy of light and dark on the earth plane.

LBs: This is part of what you are going to learn about energies. One tends on the earth plane to label things as "black" and "white," "dark" and "light," "positive" and "negative." And what needs to be understood is that each entity brings in possibility for both, for the extremes, and one hopes, as one expands their consciousness, that they can make choices that are of the light. But to avoid or simply deny that the polarities exist does not ground you on this planet, and all it really does is put you in denial of what the planet is about. If there was not night, and you had day 24 hours a day, this planet would not survive in the way it does at present. And that is not considered "negative," do you see?

Q20: It feels important I change the colors of the walls in my home. And I'm somewhat drawn to like . . . yellow. Is there a reason for that? Is there a color that would be important for me to be surrounded with?

LBs: The reason you are being drawn to yellow right now is because you are needing the feeling of joy, the warmth, because you are feeling at this time devalued and isolated in a lot of areas of your life. And that yellow gives you that warmth and that joy; so that's your draw to that. But you are right in that the colors you surround yourself with are of great importance for everyone now, because you are absorbing those subtle energies much more at a conscious level than you were in the past. You are becoming more aware of these subtle energies that are making themselves known to you now, whereas before, you weren't as conscious of them. But we would not recommend that you go with anything of a bright nature, especially in your bedroom or the room you are going to relax in, because yellow is of a stimulation, and you do not need to be stimulated at night, nor do you really need to be stimulated when you are trying to relax.

Q21: The room I sleep in is like a real soft pink.

LBs: That is normally not a bad color for a bedroom. Probably the best color for most people, however, would be a pale green or a pale blue, because most people have some difficulty relaxing, and those are the two colors that . . . or even a pale violet would be a relaxing color. But pink also is not a bad color at all.

Q22: Is yellow a good color for our living room, dining room, halls?

LBs: That would be fine. Make sure, though, that it is not too bright for your living room, because you will be spending time there trying to relax, and yellow mentally stimulates. Too much yellow can send you off the deep end at times. It is the schizophrenic's favorite color. Van Gogh was extremely attached to yellow.

Q23: I've never really wanted yellow or liked yellow but I'm drawn to colors like on Joyce's walls because there is a hint of yellow.

LBs: Yes. It is because you are needing joy in your life.

Q: Okay. Thank you.

Q24: I was watching a movie and towards the end of the movie there was a certain scene with some music playing in the background which you could hardly hear. And when I heard it, it touched a deeper place in me than I think I probably ever felt before. It was very simple and didn't last a real long period of time, but I just got the feeling that that's kind of what I'm seeking, and maybe that was just a deeper part of myself that was trying to get out. Can you give me a little feedback on that?

LBs: Yes. You have a tendency to respond to sound. Sound is something that opens you in a way that other subtle energies do not. Even though you are influenced by other energies, sound has the key to opening you. And you might want to try to experiment with a lot of different music, because certain music will open you; we won't say open your heart, but it will allow some obstacles to be removed that have been there from birth that prevent you from opening your heart chakra in a way that would be of benefit to you. So, experiment with some of this music. Go back and find out what was played there. Go back and look and listen to some of the orchestra music that is of a very melodic sound, because you tend to respond to

melodic sound as opposed to some of the other sounds that are out there for you.

Q25: Are you referring to classical music?

LBs: Yes, some classical, but more of the modern classical you will respond to and even some that is considered popular music, but more of maybe twenty years ago, you will come nearer responding to. But just experiment and listen to some of the music that is available. Go to the library--there is a lot that is available--and intuit what feels good to you, and then you will come nearer knowing what to purchase to listen to on a daily basis. It can help open. It is a great key to opening your heart chakra.

Q26: This morning I started remembering an old chant of "Ohm-na-maya-chava-ya" (sp?), and then I went into an awareness that there was a shimmering sound and a shimmering light.

LBs: Sound is extremely . . . It can penetrate your energy centers and actually even make cellular changes in your physical body if it is used consistently. And some of your chants are extraordinarily powerful because of certain tones that come from those chants. They haven't been formed by accident. They have been intuited as being either healing or in some way a changing of a vibration.

Q27: Well, this was for Shiva.

LBs: Yes. And there are many in every religion. There are certain sounds that-- If you go back and look at some of the chants, even in your Protestant religion, the "Amen" is a tone that if chanted properly, or we won't use the word "properly," because that is not a good word to use, but if chanted with feeling and intent, can change the vibrational level of one. So, what you are experiencing you can relate to because you have, in the past, incarnated several times into the Indian belief system and so feel very comfortable with that.

Q: Thank you.

Q28: I would like to ask about the colored cloths that so many of us have been using. I usually use the cloths for about fifteen minutes and limit it to that. There was an occasion when I used them for about 40 to 45 minutes and had this great insight afterwards, which I attributed to using the cloths for such a long period of time. But I also have noticed many occasions of using them when I feel. . . well, it can be different things, but it is like something twitching, kind of, or shaking, or I'll get sensations in my arms--vibrations, things like that. But mostly it is kind of a jumpy kind of thing that is going on in the body. Recently I was lying on the floor using them, and I was spacing out and didn't notice how long I had been lying there, but I remember I became extremely sick and that feeling of sickness lasted for several hours. So my question is, is there an optimal period of time to use them, or does it vary with different people, and if it varies, are there signs that you can look for to tell you when you've used them long enough? And can it be of detriment to use them for too long?

LBs: What happens when you are feeling this shakiness or strangeness in your body is that there is an actual vibrational change that happens. So, it is simply telling you that you are using all seven colors [at once] and it should balance each of those centers. And you would have the same experience if you used sound or light, colored light, if you used it too long, because it changes the vibration of your body. And it's not of detriment, but it is not necessarily comfortable to the physical body, and so, one tends not to want to get into that position. But that is what is happening. It is a vibrational shift, so to speak. And it is affecting the energy centers enough that it actually is triggering in the brain a little nervous reaction.

Q29: So is that a signal to stop using them then?

LBs: It's not that it is going to be of detriment. It's not going to do any damage to you. It's just not comfortable to the body. The same thing will happen many times as the kundalini begins to rise in one, there is a lot of uncomfortable feelings that go on in the body. And of course, you can cause damage there [kundalini rising] if you cause that to rise too quickly--psychological difficulties; that is a little bit different issue. But what we are saying is that it is a physical manifestation of a vibrational change. But with the cloths, it is not of detriment, it is just uncomfortable. So, most people will stop using it when they feel that. The amount of time that you need to use it you can usually intuit by the fact that you usually get a little bit fidgety or uncomfortable or begin to feel this vibration, and it is simply telling you, "Okay, you are pretty well balanced now." So it is a good signal for you that it is time to quit, and you've done what you need to do with those particular cloths.

In response to your question about feeling sick, what had happened there was a combination of a particular environmental situation that you have, but also you did overextend, and in so doing, you had a particular block you were working with, and the block was removed, but you did not want to deal with that, so you psychologically shut down, and that created a discomfort also. Notice that that will happen as you begin to understand your energies better. When you are approached with the opportunity to look at an issue, and you don't want to do that and you psychologically shut down, then there is going to be some physical discomfort. And if you continue to shut down, it becomes dis-ease.

Q30: It was "removed"? I mean, the shutting down did not prevent it from being removed?

LBs: Actually, what happened was that you used the cloths, and it helped to get the energy flowing so that the obstacle could be removed and you could bring up to the surface the issue that you needed to work on. But when it came to the surface, you immediately pushed it away. It had to do with a security issue.

Q31: Am I still pushing it away?

LBs: You have begun to work on that, and there will be some other things that are going to come into your field in the next few weeks that will help you get through that.

Q: Oh, goody! [Group laughter] Thank you.

Q32: Moderator: Is there anything in general you would like to talk to us about outside of answering our questions tonight?

LBs: Well, as we have said, we are hoping to work with you at a very deep level with energy systems, and one of the things we would really like to see happening that we do not hear enough in the questions are the experiences you are having--and of course, some of you are sharing with each other--but some of the experiences you are having with energy between you and others and how you are relating emotionally, psychologically, to these energy exchanges. Are you learning to manage your energy in a different way, in a way that is more of a pure intent, of a more unconditionally accepting way, or are you still allowing the ego to push forward and make your choices for you in how that energy responds to another's energy?

So we would like for you to become more and more conscious of how you are literally managing your energy when it connects with someone else's energy. Consciously be aware,

because up until now, most entities on the planet have allowed their energies to be manipulated by the ego, instead of letting the soul speak, and it is time now that there be a balance. We are not saying dismiss your ego; we are not saying leave it outside the door. We are saying, let the ego and the soul shake hands and become comrades, become equal partners, so that once again there is a balance within the body, within the energy system, so that when choices are made on how to manage the energies, the soul gets its share of being able to have input. So, watch this week, this next two weeks, how you relate, especially in more intimate relationships.

Now, we have told you to experiment outside of your work place and outside of your home environment, because that was an easier place to begin the experiment. But now bring them in closer, and you are going to recognize that it is not quite so easy to manage the energies, but you are also going to get much greater ability to understand the energy, because if you are comfortable with someone that you are exchanging these energies with to the point that you can talk to them about it, after there has been the energy exchange, then you can truly, truly learn more if you are on target about reading their energies correctly, if you are really being able to transmute these energies and listen to the soul speak, not just the ego speak to you. So use these opportunities that you are going to have, these what you would originally have called "conflicts" many times, use these opportunities to manage your energy, and then share with the other person or persons what you were interpreting, and be open and honest with them about what you also were sending out, and learn from that and see how good you are at transmuting, see what that soul that you are exchanging energy with is actually saying.

**Q33: What is the ultimate purpose here?** Trying for great communication?

LBs: The ultimate purpose is for you to eventually understand what unconditional love is. That is something that is thrown around very often, especially in your New Age communities, but it is not understood what that truly is. And this is the opening; the understanding of energies and the being able to manage energies will eventually help you understand and unconditionally accept anyone who comes into your energy field, without putting up barriers that are going to prevent you from being able to communicate with that being at a soul level, instead of ego to ego.

Q34: So, if you've encountered someone and you find yourself reacting with irritation or hostility, or whatever, so quickly--before you've had a chance to send the pink light and all that sort of thing, you find yourself already reacting in a negative way--the best way to deal with your own feelings first is to use the gold light?

LBs: Yes, because that will then help transmute what is coming from them, but it also may help you understand that that is a mirror for what you, yourself, are putting out. And many times that is really what is happening, is that you are projecting onto the other person's energy field, and they are sending back to you what you are sending to them. You've got to separate and understand, are you actually reading their energy or are you reading the mirror of your own energy? And it may surprise you, if you are really cognizant of what is happening within your energy field, how often you are projecting as opposed to receiving.

Q35: Is that what "hooked in" means: a projection which is mirrored?

LBs: Not exactly. What happens when someone "hooks in" is they have a definite need for a particular outcome, for that person to behave in a particular manner, for that person to speak in a particular way, and so they hook in to their energy field at an emotional level, and there is a lot of ego attachment to that hook. Do you understand?

Q36: Two weeks ago, in answering some of my questions, you started to use the word “trance” in relation to where it is that I may go, and you said it’s not exactly a trance but it’s in a sense gaining the information or accessing something beyond the normal . . . I guess ego. Is some simple kind of an explanation that would help me understand that more?

LBs: You have the ability to obtain information outside of this dimension, of the earth’s dimension. You haven’t learned how to do that at will yet. There are those who are able to be a vehicle, and information comes through as this entity we are speaking through today. There are those who can visually receive information. And you are going to find that you are going to be able to receive information more in a combination of visual and hearing but not necessarily having to go into a . . . where your personality will have to step aside, but you will be able to bring that information through in your ability to communicate with others, and it will just be there for you.

Q37: Am I grounded sufficiently to expand in that way, or does it matter?

LBs: It would be easier for you physically if you try to become as grounded as possible, because any time you have reached the point that you can receive information in that way, there is a tendency to forget the body. And so, in so doing, the filter will sometimes get in the way. It is very difficult to explain exactly what we’re trying to say, but the more grounded you can become, the clearer the information is going to come through.

Q: Okay, great. Thank you.

Moderator: Thank you, Light Beings.

LBs: Thank you and we look forward to being with you again soon.

[End of session]

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