

Light Beings: Good evening and welcome! Have you enjoyed your last two weeks, or have you felt that these past two weeks have been a little bit more of a roller coaster than you have wanted in your life?

Question#1 A roller coaster. [Group laughter] It was a bit weird, but overall I enjoyed it.

LBs: So it has been a unified opinion that things have "speeded up," so to speak, that the vibrational shift has now opened you to the point that you are feeling almost frenetic at times, that things are moving faster than you are able to keep up, that you feel that you are almost on a treadmill. Is this so? [Group agreement]

Yes. And this will continue, unfortunately. You do not want to hear that, I am sure, but it will continue for you until about the middle of June. And then you will begin to sense that you are understanding what has happened, and how to accommodate the new vibrational energies that you are experiencing. And that is what this is about now, that you are having to look at and re-evaluate much in your life and make some decisions about what is of importance and what can be eliminated. It is carrying you forward to the point where you now are going to have to make some decisions about simplification. And that is not always easy in your present day and age on this planet, so it is going to create quite a few challenges for some of you. But it will, in the end, create a much fuller life for you once you have been able to clear the decks, so to speak. So with that we will open for any questions you might have.

Q2: Moderator: How do you feel your energy is coming through tonight, Light Beings? [The presentation seems different than usual]

LBs: There is . . . There is a kind of shift that is taking place, so that there is a lot of information that we want to present to you, but you are not yet open to . . . we won't say "not open to hearing," but you are not at the level where you will be able to grasp or comprehend what we would like to bring through, so we tend to find ourselves stopped because of not being able to find the words. We would like very much for you to just be able to experience the energy, because that is what we are working with here, but it is not always so easy to do that, because you are individual energies that are yet bonding, and are beginning to work together as a unit in some ways, but you are still not at the point where you are going to be able to receive the energy that we want to bring forth. So, we are having a little difficulty tonight being able to bring out some of the information that we would like to.

Q3: I have a question about the elementals and the nature spirits, the divas. I am looking for land, and I wondered how much noise pollution would affect the nature spirits on the land, because I would like to invite them, and some of the land has a lot of noise.

LBs: Well, as you know, noise is a powerful vibration, a frequency of sound, and yes, that definitely does affect the elementals and the nature spirits, but not to the same degree that pollution does--pollution of the land and pollution of the air. That tends to be more detrimental, because it actually affects the living energies in a different way. But all of that is affecting. And you are going to find that some lands built almost barren now, even though they are beautiful in looking at them, but they have a feeling of deadness. And the reason for that deadness is that those particular energies have vacated for the most part. They are still trying to protect, they are still trying to be a part of the living forces there, but it is more difficult for them, and the reason for that is the polluted lands, the polluted air, and the polluted noise factor. So, all of that definitely does affect. It does not mean, though, that if you clear the land and you ask them to join you, that they will ignore the invitation. They will not. But it is more difficult to maintain their company.

Q4: Is there anything in particular you could suggest I do for the nature spirits if I find land that I want to settle on?

LBs: Well, you have some methods of clearing already, but one of the things you might want to do is consult some of the Native American medicine people. They have great ability to understand and respect all of these energies and are able to call them in a lot easier many times than one who has not been brought up with that genetic heritage. So, it would not certainly be of a disadvantage for you to consult some of those Native Americans when you are ready and see if they can give you even some training in how to go about doing a cleansing and inviting the nature spirits back in.

Q: Thank you.

Q5: Moderator: Can I make a suggestion? Light Beings, would it help if everybody here visualized gold light around you this evening for a few minutes. Or do it occasionally?

LBs: Are you having some difficulty with the information that is coming through, or are you not feeling that . . . What is your--

Q6: What is my perception?

LBs: Yes.

Q7: Moderator: My perception is that Joyce seems to be channeling in a slightly irritated state tonight, and I don't understand why that is. I'm wondering if there is something going on inside of her, or if the connection is not clear. But the presentation is of a different nature slightly. Does anyone else perceive it that way, or is it just me?

Q: Yes, it is somewhat similar as to how I feel in my personal life, as if what's trying to come in and where I am aren't quite in sync, and it's--

Q: Do you think she is moving a lot more than usual, more agitation and stuff, because I noticed that the other day when she was doing a reading?

Moderator: It's that the information is being presented in a-- It's less fluid; it's coming out less fluid, and less certain, and almost as if there is an irritation behind it in the presentation, which is not part of the information. I don't know where it's coming from. And I thought maybe the information coming through is having trouble, so I thought maybe we could transmute it.

LBs: We are aware that we are having more difficulty with the information coming through. We are also aware that part of it is that there is not the ability to communicate with words. But also, you may be aware that the energies that are being experienced by everyone are also being experienced by the entity that we are coming through, and so, if you are feeling that, it may be that there is some bleed through of some of the filter of her personality you may be picking up on, or it may simply be a mirror for you. So that has to be your own interpretation. But it is possible that because of where the vibrational energy is now . . . And I would be willing to say that there is not one of you in the room that has not felt an inner tension in the last two weeks of one kind or another. Not necessarily irritation, but a feeling almost as if something is getting ready to happen or something is going on that you don't know about, or something has created an inner tension. Do you understand what we are saying?

Moderator: Yes! [Group agreement and laughter]

Q8: Can you help us with this in any way? Can you give us some help?

LBs: We certainly will try to help with this. We recognize it is not a particularly pleasant place for you to be. It is not pleasant for anyone to feel this tension and not really know [why]. Some of you know that your life is moving forward in a direction that is of a positive nature, and you feel that most things are good in your life, but you still have that tension and you don't really know where it's coming from. [Group agreement] So, if you can only understand. And that may be what everyone is picking up on tonight; the entity we are speaking through also is experiencing the same kind of energy, and it may be bleeding through somewhat. So, we apologize if that is creating more tension for you, but we ask that you try to be patient and perhaps we can help relax this entity to the point that there will not be that tension.

Q9: Moderator: I'll ask her [Joyce] to change her sweater when the break comes. She's wearing red.

LBs: Red is not necessarily going to create tension. It may give energy. So, that may not be your answer; you may not see that much of a difference.

Back to your question if there is anything that we can suggest to help, there are several things, of course, that you can do. But to be very, very blunt with you, there is not going to be anything that is going to completely relieve you of this tension for the next six weeks, because it is an external thing, to a degree, that is effecting the physical body as well as your chakra systems, because everything is being shifted--your cellular structure is being shifted; the actual wiring of the brain is changing to a degree--because you are a part of the entire vibrational shift. So, the best thing you can do for yourself is to recognize what is happening and accept that it is something that is going to be beneficial. And once you have gone through the experience, you will be of a higher consciousness level, you will be able to interpret much easier those things of intuition, those things of energy that you cannot necessarily see but will be able to feel to a much, much greater degree.

But for the time being, there must be this adjustment, and the best thing you can do for yourself is to love yourself in such a way that you find what gives you a certain amount of peace and contentment and allow yourself to experience it as often as possible. For some it may be walking out in the woods and sitting by a stream; for others it may be picking up your paint brush or picking up your instrument of music and simply allowing yourself to do what feels good, not trying to produce anything of a masterpiece. And for others it may be as simple as getting together with those you feel very comfortable with, where there is a lot of positive energy, where the energy feels good and light, and share times with them.

So, each of you is going to have to find what gives you the most comfort, and this will benefit you in more ways than just relieving some of the tension. What has happened in the last fifty years has been an increase of emphasis on the external world, on what you can manifest. And now this is going to change considerably, and the focus is going to be much more on what is internal and who you are from a soul level, what your essence is about. And this shift is making you, without exception, look at those things in your life that create more stress for you, that create more tension for you, and in looking at those things, you are going to have to make some decisions about whether it is something you are going to want to maintain and keep in your life or whether it is something you feel is now time to move out of your life. So, a lot of what is going on in the next six weeks is sorting: sorting out, sifting out those things that no longer belong in your new way of looking at things. Does that help at all?

Q: It helped me. [Group agreement]

Q10: I'd just like to make a comment about something you said earlier about not being able to bring the information through, having to do with a state of readiness on our part. What would primarily facilitate the state of readiness? Does that have to do with our level of consciousness?

LBs: Yes. And again, because of where most of you are right now, you are having difficulty finding the time to be quiet and center, so even when you came in tonight, there was a lot of static energy present that created-- not a negative, by any means, but a lot of disconnected energy. And that's true in each individual person right now. You are feeling disconnected. You are feeling disconnected from those you care about even; you are feeling disconnected from things that have been important to you your whole life; you are feeling disconnected from ideas that used to excite you. And so, until some of that is cleared, it is difficult to bring in new information, because you are not ready yet to absorb that information and be able to use it in a manner that is going to be beneficial.

Q11: How is it cleared?

LBs: You will begin to clear it, as we said, by sifting out those things that are no longer necessary in your life, or no longer of benefit to you, and by recognizing what does feed your soul. Each of you has made the determination that you want to grow spiritually, and in making that determination, in making that decision, it also creates a situation for you that says you must now look at your life and anything that does not honor that decision needs to be either eliminated or changed. And so, that will help with the clearing, as you begin to look at each thing in your life and understand whether it is of beneficial nature to you or perhaps it is no longer of your best interest for it to remain in your life. And it can be anything. It can be things of a material nature, it can be people that you associate with that are constantly creating obstacles for you in one way or another, it can be . . . even yourself can be an obstacle, by your not being willing to be open to hearing and understanding what needs to be done. Discipline will be a great issue for you in the next six weeks, because those of you who are not disciplined are going to find it much more difficult to move forward, because it takes a certain amount of focus for you to be able to understand what is needed to move forward in your spiritual quest.

Q12: You mean controlling where the focus is placed?

LBs: That is correct. That is absolutely correct. It will be very tempting to find distractions, and many of you may find now that you find it easy to be distracted by things that do not tax the mind, so to speak. You may find yourself daydreaming more than usual or even sitting in front of the television and not even being aware of what's on, or listening to a conversation but not really hearing it because you are distracted with your thoughts. You are not focusing again on what needs to be looked at. You are off in another world, so to speak.

Q13: So with all the chaos and the turmoil, you are saying its not good to just allow yourself to be in that spacey state sometimes? That we need to pull back in and focus and discipline ourselves to . . . what? I don't know that part.

LBs: Yes. The spaciness is simply a denial. The allowing your mind to wander and not be in a focused way is simply a way of denying that you need to be working on clearing, working on recognizing what your essence needs, recognizing what your soul is asking for.

Q14: Then the spaciness is different than focusing on something that gives you pleasure, and going off and playing the instrument, or going for the walk. Is that what you're saying?

LBs: Absolutely! That is correct. Disciplined meditation is certainly one way that many people can center and listen. So that is not being spacey. But when we are saying "spacey," we are saying that you have "checked out."

Q: I understand. I know that one real well.

Q15: This past week, after being in a meditative state, I had the sensation that I was doing everything in slow motion.

LBs: What happened there for just a little while was that you truly were tuned into a different frequency. And this you may find happens. You may not be the only one who has experienced this recently, this feeling of slow motion, because what is happening is that there is some adjustment being made and you are not quite in and not quite out at that time. And so, it's almost like a de ja vous, but more of in the present. It was a de ja vous: it's quick, you see a thing, you know you've been there before, you know you've lived that before, and it's over. And what you are speaking of, it lasts a little longer than that, but it's because you are not quite in focus with the vibrational rate, the frequency. So it's not anything to be concerned about, but it may happen again and may happen to several of you, especially in a time when your mind is in a meditative state or a state that is not clearly aware of the present. It's not an unusual happening now.

Q16: There is a woman in my life that I really need to clear some energy with. There is something going on that is so deep and so painful, and I've been struggling with this for many months. Is it a mirror, or is it something I've carried forward in this life or ... I had a dream about this person, and it was one of the most excruciatingly painful dreams I have ever had. I think that the dream was telling me there is something about this woman, and the energy, and the way we are interacting now that's representing like the devouring mother. It seems as if the dream was trying to tell me this is an issue I still have about my mother. So my question is two-fold: Is that part of it; and what is it that is so excruciatingly painful between this woman and I that I can't seem to figure out, or shake, or break loose from?

LBs: It's not just two-fold. This is a rather deep issue for you at several levels. One of the things is, as you said, some mirroring for this particular individual and you. You are mirroring some things to her, and she to you, and that is creating some of the tension in the energy you are feeling. There is also a past-life connection that is bleeding through, and it is one which has a power struggle, a power issue. And I think, if you will examine a little more closely some of your difficulty with this, you will see that even in this lifetime relationship, there is a power struggle that is present. And of course, that immediately will connect to your earlier childhood experience with your mother and some of the power issues you had with her, because as you explained about the "devouring mother," that is always a power struggle with one when they have that type of relationship, because you are struggling to be free of certain restrictions, of certain ways of dealing with things, and there is that power struggle that is constant.

So, you are dealing with a lot of those issues now, which are being brought to you through this person as a gift to help you once and for all recognize your own power and recognize that you are not going to be destroyed by another's power, that you have the ability to maintain your own being, your own power, without your destroying them or them destroying you. So, it is giving you the opportunity, if you handle it in an honest, straightforward way, it will give you the opportunity to recognize your own power and the ability to not stand up against

another's power, but to stand up with your own. And when you do that in an honest, straightforward manner, you are going to find usually it will be mirrored back to you by the other person. Do you understand?

Q17: I've been struggling with this for a very long time. And when I do try to be in my power, when I walk in the room, the blood leaves my body when I am in front of this person. It is so threatening, and I can barely breathe in the same room, even when nothing has been said!

LBs: And that is because you have not truly allowed your power to be a part of your entire being. You have not recognized yet at a soul level, and even at an ego level to a great degree.

Q18: How do I do that?

LBs: That is not something that we can give you in a one-two-three this evening, but we will say that one of the ways . . . and again, it sounds very simplistic, but one of the ways that can help with this understanding how to maintain your own power is by writing again and trying, with your less dominant hand, to write. And write what your feelings are about, your own power, and why you cannot bring that power to the table when you need to.

Q19: You mean with that person or . . . ?

LBs: No, in general. When you are alone, write. Ask the question why you cannot bring that power to the table when you approach this person you feel fearful with. Because that is what is happening: you are going back to being that little child. Do you see?

Q20: Yeah. I just don't know how to get past it. And I'm going to. I will get past this.

LBs: You can get past this, but you need to recognize that you are still being that little child.

Q21: In front of this person.

LBs: That is correct. Instead of pulling from this adult soul, you are still perceiving and even behaving as that little child behaved.

Q: Okay.

LBs: And that is why we suggest with your less dominant hand to ask the question, "Why can I not pull my power forward?" What does that little child feel? And write everything that you are feeling. Put yourself back to when you were in that position with your mother, and then write out the feelings. And then you can perceive what you were as a child, and recognize that you do no longer need to respond as a child but can respond as an adult. Do you understand? Do you understand that's what's happening?

Q22: I think so. The only thing that is puzzling is that my mother didn't protect me. It's not like she was threatening, the way this person feels to me, so . . .

LBs: But it's not a matter of it being the same circumstances; it's the perception that you are in danger, that you are going to be destroyed. That's what you are feeling.

Q23: So I felt that with my mother?

LBs: You felt that because she didn't protect you. And so you now do not feel protected when

anything of danger, that you perceive as danger, that that child perceives as danger, comes at you. Do you understand?

Q: I do.

Moderator: Okay, thank you. We'll take a break now.

[BREAK]

LBs: We welcome you back, and we comment on the energy we feel. It is a very different nature than when you first arrived this evening. We don't know if you have noticed, but there is a greater intertwining. Much as we were trying to explain when we were talking earlier about the full moon ceremonies is that intertwining creates an energy all of its own. And if you noticed, as you began to communicate after the first session with us, you began to create a different kind of energy within yourselves and you began to share that. And this is what we were speaking of when we said you need to, when you're trying to clear or trying to eliminate some of the tensions that you are feeling, one of the ways to do that is through this sharing of energies with people of like minds or like interests. So, did you feel the difference from the beginning of your time together, and at the end of it, as you began to rejoin here? [Group assent]

Q24: And I'd like to comment that I've also noticed that your presentation is a little bit more at ease.

LBs: There is a certain adjustment, as we tried to explain earlier, that is taking place within the entity's body, and so there has been a little bit more difficulty, not to get the information through, but for it to come through in an easy manner, because she is experiencing the same kind of tensions that the rest of you are experiencing physically.

Q25: Oh. So having a good time and laughing and relaxing apparently help the physical adjustment. Is that what you're saying?

LBs: It helps the physical body and the mental body. So, if you could take a photograph of the aura of each of you when you first arrive here, and then take it again after you return for your second session, you would see a great difference in the colors of your auras, because you had changed your energies. And that [energy] goes in, affects the mental body and the physical body.

Q26: Could we use a kirlean camera to do what you are talking about, Light Beings?

LBs: There are certainly cameras that do take very good photographs of the energy field.

Q27: You had asked us to start being aware of other people's energies and how ours interact with them, and I've noticed that when I walk in a room, whatever state I'm in, it's almost like I've dumped a bucket of paint over whoever is there. I guess I'm feeling a little struggle with how to manage that without manipulating the situation. . I'm so aware of my own energy and the impact it's having on people around me and at the same time I'm trying to let feelings out and release what I'm really feeling, which is part of the cleansing and purging, versus managing my energy so that that doesn't have a negative effect on other people? Is that clear?

LBs: Yes. You are presenting it very well; we understand what you are asking. Let us see if we can help you with how to approach that. One of the major reasons that we have

emphasized centering and balancing your energies is because you cannot manage your energy when any particular energy center is completely out of sync. And if you have fairly balanced energy centers when you approach others, and concentrate especially on the heart being open but also speak to the ones, when you enter, from the solar plexus area--those two areas--if you can speak and have the other centers still open, then you do not have to concern yourself so much about managing the energy, because you are going to make a connection with the other person without putting them on the defensive.

Q28: Like on a soul level?

LBs: That is correct. And so, what you are experiencing now, because you are young in understanding how these energies work, because all of you are just beginning to grasp the power of what the energies are about, and you are beginning to know how to put those energies out in a broader field, if you do it without being centered, then you may end up approaching another from, say, just the solar plexus or even--and many times this happens--from the will; and that puts one on the defensive, and so, their energies become more difficult to approach or more difficult to meld with. So the best thing you can do for yourself is to, before you enter that room, center yourself as much as possible and then consciously open the heart and the solar plexus, so that when you walk in, you are [entering] in a way that is saying, "I am not of danger to you." Do you understand?

Q29: I do. But I am in a place where I interact with a hundred people a day, and so, you don't have time to stop and center every time you answer the phone or somebody comes around the corner or you get this upsetting phone call. It's chaotic, and it's hard to do all this that we're talking about at the same time.

LBs: Yes. And we certainly understand what you are saying in that respect. It is much as one who is learning an instrument or learning how to paint a picture: it is learning how to use the tools. And your tools are your centering devices that you use. And you are correct: it is very difficult to stop and go through the process of centering. But if you, before you leave in the morning, get yourself completely balanced, and if you recognize--and sometimes all it takes is recognizing the thought that this is a drama, this is a skit--then that will help you much more easily disengage or cut loose from the intensity, or from the energies, that might be accompanying something that is of stress to you. It does not mean, however, that you cut off your energies, because if you do that, immediately the other person will sense that, and again become . . . perhaps not fearful, but feel that you have cut them off. So, it is very necessary that you do not shut down and cut off your energy, but maintain as much as possible the opening of the energies, and recognize the dramas for what they are. And this is all a part of your training. And it will get easier and easier to recognize that this is all a drama you are playing in, in your personal life, in your business life; it is all a drama that you wrote and you are starring in. And the curtain is going to come down, and you're going to look back and say, "Hmmm; I played that role pretty good" . . . or "I really messed those lines up." [Group laughter] And if you can recognize that that really is all it is, that your soul has put on particular clothing for this particular drama and is playing it to the hilt and have fun at it. This is the thing we see more than anything else on the earth plane, is the lack of joy that could be present if you only could recognize that it is not a serious business.

Q30: Okay. Let's say I'm at work and something just happened that triggered an old pain, and in the middle of that, the tears well up and out they come, and my boss comes around the corner. In the corporate world the appropriate thing is to get the tears off your face, get yourself settled, and do what you need to. You can't do both at the same time sometimes.

LBs: That is sometimes difficult; but you said exactly what we are trying to help you understand, that it triggered something in you that you take very seriously, because you still believe it is a part of you instead of just an experience. And that is true of everyone on this planet. There is much in their life that they believe is them, instead of an experience. Do you understand what we are saying?

Q31: I really do. And so you're saying that until I work through some of those, I'll just be where I am, but once I do, it won't be as difficult to manage the energy and to be centered?

LBs: That's true! Because you will see, when it is triggered, you will be able to step aside and say, "Oh! That's an experience I had; that's not me," or "That's not going to destroy me." In other words, you will recognize the difference between what you perceive happened, and what actually happened in the present moment, you see, because you are still pulling from your past experiences.

Q32: You meet someone with the heart, and then center in the third chakra. The heart I think I've experienced enough. That one's real clear to me. But how do you meet, or approach somebody from the third chakra? What are the qualities of that?

LBs: That's a little bit more difficult, and especially with some of the issues you may be dealing with at this particular time, because that is, of course, power and self-esteem. And when you are very comfortable with who you are, and you truly know at a soul level that you are okay, then you walk out there and present that "I'm okay," and it's mirrored back to you, do you see? Do you understand?

Q33: I understand the words. [Group laughter]

LBs: Right. And we understand that it's an easy thing for us to say, and a very difficult thing for the human entity to understand at a very deep level, where they can actually focus on it and be able to bring it enough to the surface that they understand and are able to build their self-esteem, and take their power back. That is something that requires a lot of work, a lot of working through your issues. But more than that, it requires a certain amount of faith that you are okay and that you are going to work through these perceived issues.

Q34: And I really do. Once in a while I'll get a glimpse. It may only last three or four seconds of exactly what you just said. So . . .

LBs: And those three or four seconds will extend. They will extend.

Q35: It's a great centering force itself. With practice . . . and faith, you move through everything.

LBs: It requires that combination. And the discipline to be willing, and the strength to be willing to look at your past issues that you perceive as experiences that were of a detrimental nature, and to bring them to the surface, and understand and get to the point that you can look at those experiences as an onlooker would look, recognizing that this too was a part of this drama and it was only a part you played at that time. You no longer are required to play that part. Do you understand?

Q: I heard that in a different way, for some reason, just then. So yes; I do. Thank you.

Q36: When I get triggered with something, a path that's become a habit with me, then what I'm recognizing now is more of those occasions. And I get lots of opportunities [laugh]. I'm saying, "Oh. There you are again. I'm not going to go there this time."

LBs: And there is . . . and this sounds very simplistic again, but once you've reached about your seventh time of "not going there this time," it will no longer be an issue for you. It will get easier and easier each time, and by the seventh time, you won't be attached to it enough to play into it or hook in.

Q37: An expression that has really helped me is the term "symbolic sight," and being able to see, when you are triggered like that, that this is symbolically working on you in some way. If you can ask, "Well, what is it that I can see here," and move from there--and you almost thank the person that triggered it. If I can get there, which I can't always do, I can say, "Oh, thanks! That really helped me to see."

LBs: That is absolutely . . . If you can reach the point of recognizing that the person or being who triggered whatever causes you to step into your different nature is a gift, to help you get past the fear or the mistrust, or the whatever is being triggered--it is a gift--thank that person, even if you have to do it silently, for giving you such a gift to help you recognize and work through what you perceive as an experience. It is definitely a gift.

Q38: I had a healing session with a client, and from its beginning, when I was "centering," or tuning in to what's going on for her, and just being there, I started to feel the presence of her mother and messages being told to me and I passed those along, and some of the energy of that, also. Two and a half years ago was the last time I communicated internally with someone who is not here in a physical body. Will this end up being part of what I do more and more of, because it was very comfortable and very natural?

LBs: Yes. As we have told you before, you are going to receive information. It may not be in the same way as you are hearing tonight, or it may not be in the same way that others receive, but you are going to be able to receive information. You are open. You do not have the fears that many have that keep the information from coming through, and so, it is very easy for you to receive certain information. The only thing we would say to you, if you should decide you want to pursue this more, is that you be sure that when you open, it is with pure intent, and that you exclude any energies that are not of benefit. Because there are many energies that are still looking for a physical manifestation, the ability to be able to come through, and so, it is very important, since you have the ability to open to that dimension, that you do filter through only the information from those who are of good intention. So, we would recommend that you make sure, before you open to any healing, or any other kind of meditative experience, that you surround yourself with light and that you ask that only those with pure intent come through.

You definitely have that ability. And it will be entirely up to you how far you want to pursue that. It is not your total mission, we can tell you that. Your mission is much more in dealing with other kinds of energies in the healing nature. But it can be a part of your work, if you so desire, and it can be beneficial to those who have a need to receive that information.

Q39: Yes. I was given things that I saw, and given words that I didn't quite understand, but simply related them to her, and it exactly fit parts of her life that were unique for her experience. It seemed to be helpful, because what we were attending to, what we were working with, was something related to her mother.

LBs: Yes. And you can use that in that respect, and it can be of benefit to those you're working with, as long as you are aware of the fact that you could bring in information that may not be of a pure nature if you do not take those precautions.

Q40: I certainly hear you. One more question: I read about using sound in a "hemi-sync," or "holo-sync" type of technique, using varying frequencies to stimulate a matching brain wave, dropping the person into alpha, theta and delta levels. And it's very interesting and fits together with some other things that are EKG and EEG related, and consciousness, states of consciousness, and healing. It stated that some of the neurotransmitters seem to be produced at particular frequencies, and that the internal communications between areas of the brain were in frequencies--magnetism, energy that has particular frequencies. Is there anything you can help me with in understanding the appropriate use of these?

LBs: You may want to explore a little further, if you have not already, the Monroe Center. There has been a lot of work done, and a lot of research in that particular area, and it would be of benefit to you. And this is one of the things we are hoping to open to you, and explore even more thoroughly, the way that sound affects the energy body, and definitely does penetrate into the mental and the physical. And it has a greater . . . well "greater" is not even a better word . . . it has a more substantial ability to penetrate at a deeper rate, in a deeper way, than does even the color. The color is more subtle; it takes longer for color to do the same job that sound can do, although color tends to be more balancing than perhaps the sound. But in the proper use of sound, it literally can change the brain waves, and eventually, with enough use, it can truly change the transmitter, it can change the pattern of the brain frequencies, and it can enhance your ability to move from the different levels of alpha, beta, theta, delta.

Q41: Yes. I have studied some with Dan Winter and talked to Marty Woodkey. Even the neuro-biofeedback, the EEG biofeedback, has helped people eliminate addictive patterns and ADHD, just like filling in the frequencies that are a bit deficient, creating a balancing effort; and the brain seems to reorder itself and jump in its capability.

LBs: Yes. And this is going to be more and more needed in the future, because what has happened in the last twenty years is that the children of today are being exposed to a high pollution of sound early in their lives. And it is creating a difficulty with the transmitters connecting properly in the brain. It is almost like creating a chemical deficiency, but it is not a true chemical deficiency. It's truly causing the transmitters not to be able to speak, to connect.

Q42: But I mean a sonogram, is that part of the noise pollution? Is that an example that you said the children are experiencing early?

LBs: Early, we are talking about after birth. Many children grow up with a television set or a radio going continuously. They are never in the quiet. And it is affecting their brain patterns in a much deeper way than will be recognized for years to come except by those who are in the study of sound.

It's so many things. Your microwaves and your refrigerators, and your cell phones and . . . there are many, many things that are . . . your computers . . . putting all these frequencies out that are unheard by the human ear consciously, but are affecting the actual brain patterns. But more than that, it is the actual sounds that children are being continually bombarded with. They do not know silence.

Q43: How is that affecting them? What are the symptoms?

LBs: Now, this is part of why you are seeing such a massive amount of ADD, as it is called, and you are seeing addictions. They are manifesting sometimes because there is in the brain a deficiency, a not being able to connect left with right many times; even violence. And it creates a desire, a need that is not understood. Even some of your violence can be looked, if you could truly see, could be linked to that constant bombardment, and the brain not being able to normally work the wiring correctly, the mapping.

Q44: But is that not part of the Indigo kids? Or are you saying the Indigos are different than the children affected by the sounds?

LBs: Yes. That is a different situation entirely. The Indigo children are coming to raise the consciousness, and make the generations before recognize some of the misinterpretations of what is important.

Q45: Right. But a lot of the Indigo kids are said to be ADHD.

LBs: That is correct; and part of that has to do with being bombarded with sound continuously.

Q46: It's just that they happen to be Indigos, and they happened to be bombarded with the sound?

LBs: That is correct. And the other thing is, of course, their diet. They are many times very deficient in the kinds of foods that are needed to feed the brain properly. So, many of those that are diagnosed as ADHD are, really, if you could analyze their diets from the time they were very small, you would realize that they have so much sugar content in their diet and so many preservatives and your corn syrups and so many things that are of detriment, and that also is affecting their entire body, as well as their brain. So, that creates a lot of their seemingly deficit disorders.

Q47: I'd like some opinion on the Reich machines, and all the research that Reich began, and people have continued with until today. And more recently, the FDA has just sort of put them out of business.

LBs: You are speaking of Wilhelm Reich?

Q48: Yes. And today, there is a woman, whose name I can't recall at this moment, who's in Mexico, but has continued that research, and they have developed a much more useable machine that works with frequencies and works on specific areas like diabetes, or other conditions that doctors haven't been able to deal with in a constructive way.

LBs: Yes. He definitely was on the forefront of understanding about subtle energies, and his daughter is even today working with some very subtle massage, and working with the energies in that respect. It is a very light touch massage as opposed to really working the tissues, and that is working with that very close layer of energy. And so, he did have quite a bit of information--

Q49: But this is sound.

LBs: Yes, yes, but it is still the same kind of energy work. It is one of those things that has been investigated and worked with and still has not been developed to a point that it truly is controllable. So, if you would research, you would find they are having some results that are

good, but they're not always controllable, and that is because of the individual that is being exposed to the particular sound waves and where they are coming from, what kind of energy fields they already have. With their disease, there can be some blockages that could prevent the sound from actually being of benefit. So, it's still not at a point where it is scientifically being able to be researched to the point that it's going to be an accepted method of healing; but yes, it does have some benefit and they are definitely on the right track.

Q50: They had so many people who recovered from cancer with those machines, and they had all that data with doctors getting ready to present it, and then I think the doctor who was going to present it was killed, or mysteriously died, before he got to the meeting where they were going to present those papers.

LBs: It is a very difficult thing to bring forth that kind of presentation, because it is frightening to those of the scientific world because it is not controllable. Because you could take three people with the very same kind of cancer and expose them, and two of them would be cured and the third would not be. Now, what the medical world does not want to recognize is that their method is exactly the same. They can do surgery on three people with the identical cancer, and two will be cured and the third will die.

Q51: Does that have to do with free will too?

LBs: That has to do with if the person has decided at a soul level that they have learned what they need to learn and they still want to remain on the planet or they are ready to make the transition. But the scientific world does not see anything that is not tangible as controllable, and so, it is much more difficult to get subtle energy healing ever passed by anything like your FDA. So, it will be a long time before that will be acceptable. It is a different situation with what we were talking about, because there is a way to look at brain patterns, where there is not yet--although it is being developed in several countries--a machine that can read the energy more clearly than it is at this time. Does that answer what you were asking?

Q: Yes. Thank you.

Q52: I have been conversing about some tapes that a friend meditates to every morning [Holosync tapes from Centerpointe Research Institute], and they sound quite fascinating to me. I feel like I'm at a point where I need to start focusing on some particular type of meditation. I'm wondering what would be best for me at this point in my life.

LBs: It is a little early for you to begin those particular tapes. It would be of benefit to you if you would get into a more disciplined meditation, even if it's only for fifteen minutes a day. And then you are doing some body work, or beginning to, that can be of great benefit to you. Use your ability to, once you have learned to manage your meditation, tie that in with your work that you are going to do with your body, and as you tie those together, you are going to begin to get some openings and some understandings. And once you reach a certain point, you will know when it is time then to take that next step. We are not saying it would be detrimental to you, but we're saying it might bring up more issues than you are wanting originally to work with, and it might discourage you and you might quit, whereas if you wait until you have reached a little bit deeper into your own essence, it will be easier then for you to make the transition and work with those tapes. They are more powerful in bringing up issues than your regular meditation or your body work, but you can get results from those two things in a milder way and deal with it a little easier. And then, once you feel comfortable that you're ready to take the next step, you will feel it. You will know.

Q53: Okay. I've struggled with that and felt like I really need to start slow and pace myself--

LBs: Absolutely!

Q54: --although I was feeling pulled, you know, to see what these tapes are like, because he's talked about them. But we're at two different places in our paths as well, and I understand that.

LBs: Yes. And he has meditated for many years, very disciplined in his practice, and that opened him to these tapes in a different way than most people would be open. So, he has been able to work with them in a disciplined way. Many people start the tapes and find that it is too painful, because it brings up things that they do not want to deal with, or too fast--they bring up too many things--and so, they get discouraged and they quit using them. So it is better for you to reach the point that you know at a deep level that it is time to make the step, and then it would be perfectly okay for you to try them.

Q55: I'd like to know what's going on with my dad. I've noticed major personality changes, and I'd like to know why I've felt compelled all this time to be near him, what my part is.

LBs: There is going to be a great learning and understanding for you in your experience with your father. And he is having some chemical changes in his brain. It would probably be beneficial for you to bring in a geriatric doctor, because he would be able to recognize easier what is happening in the brain patterns. It is a fairly common thing to happen to people as they begin to make some decisions about transitioning, although it could be years away, but there is that change that takes place. You also might want to sort of survey his diet. He is probably not getting the balance that he needs in his diet, and that may be quite difficult for you to change because he is of a rather stubborn nature and does not like to be told what to do, but that is something also that needs to be looked at.. He is definitely going through some physical changes, and as we suggest, you may want to get someone who is more knowledgeable than the average medical person about these changes that take place, these chemical changes that do take place in the brain. It is going to be an interesting process for you, and not a particularly easy one, so it is going to be of great importance for you to remain in your own being, and know that you can only give so much and that he still has the right to make certain choices.

Q56: Can we just ask one quick question for _____, who is going through some emotional difficulty right now? Are there any colors you would recommend that we as a group, or individually, could send to support her and help her through this period?

LBs: We are going to recommend not just color, but [END OF TAPE]

[The following is paraphrased from the combined memory of two members of the group.]

Recommendation:

Open all chakra centers and concentrate on sending acceptance, healing, and love.

Next, surround her in pink light, followed by a wedge of green from your heart to hers.

Then completely encircle her in lavender light. Finally, connect your sixth chakra (third eye) with hers, and with all your being, let her know she is not alone and that she is loved.

[End of session]

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