

Light Beings: Good evening. We welcome you back tonight, and we notice that the energy seems rather stable tonight, not particularly energetic, and yet not particularly laid back, but you have reached a point of stability, and you are now realizing that you are going to survive this transition, but still have yet a few more waves to come. So with that in mind, we will open now for any questions that you might have.

Question#1: Does a person who lives with pure intent foster a stronger, more effective bio-magnetic field, so that if they are healing with the hands, it is more effective?

LBs: Yes, that is absolutely the case. And the reason for that is that it actually brings in energy through their crown chakra, and it enhances their entire field. And so, when the energy comes through the body, through the hands when they are healing, it is much more powerful because of that connection that they have made. As a matter of fact, it is very difficult for one who is trying to be a healer and does not have pure intent to be able to give the kind of healing that truly is beneficial. Many times there is a blockage if the intent is not pure. So absolutely, it does make a difference.

Q2: Are chakra centers both a generator, as well as a portal of energy?

LBs: Yes. And this is a little more complicated even than that, because when you think of chakras, you think in your mental way of looking at things and wanting to put everything in little boxes, that it is a certain size, or a certain shape, or a certain way of being, and that is true only to a point. It is a center that expands and contracts. And this goes back to your pure intent. It goes back to the desire that one has to connect with the Source, and it goes back to the ability to be able to maintain an openness in the chakras. When the chakra is open, it may receive energies from without, and it may send energies from within, or what you would call "within." So yes, it can receive and it can send.

Q3: On more than one occasion I have had the experience where I felt my heart chakra . . . almost as if it was having a conversation with another heart. Sometimes my consciousness had some idea of what was going on, what was being said, but in most cases I haven't even known what was being discussed. And sometimes my heart opens, then closes, opens and closes in response to something, and I don't even know what it is in response to.

LBs: Each center tends to open and close according to circumstances, whatever might be going on in your field, and many times it is totally at an unconscious level. It is more at the soul level when the heart opens or closes, or when any of the centers open or close; it is not necessarily at a conscious level. And when it does open, it expands and sends out . . . the magnetic field that [Q1] was talking about tends to expand as the heart or any chakra opens, and the entire aura then expands. And so, if you then open your heart and another is opening their heart, both energy fields, complete energy fields, will expand and interact at a different level than if there is a closing. At that point [closing], the auras contract and you literally feel a barrier, so to speak. It is not a barrier; it is just that there is contraction of both parties, as opposed to expansion.

When one walks in to your field that is of a happy nature and has most of their chakras open at all times, you will feel a great joy being in the presence of that person. This is what happens when one is exposed to an avatar, because they have their chakras balanced and open a greater percentage of the time. And so, when you walk into their presence, their field is so expanded that you feel it immediately when you enter the room.

So what you are talking about is when you decide at some level to allow your heart to open, and another comes into your field with that same kind of intent, then yes, the two are communicating at a level that is not of a verbal nature, and you may feel it in the way of joy or it may even sometimes feel as though you are literally stepping out and hugging that person in the spirit. So, this is what is actually happening when the heart opens. But unfortunately, many times most of your centers are not open--and when we say "you," we are not speaking directly to you as a person but to you in a broad sense.

Q4: So when I'm standing in the retail shop I work in and all of a sudden I feel my heart opening, I feel like it is responding to something, there is another heart chakra that is opening and mine is responding to it?

LBs: Not necessarily, because you can feel your heart open and you expand without having to get any feedback at all. So you do not have to have another's heart to open for you to be able to feel that expansion.

Q5: This is unconscious. I'm just standing there, and all of a sudden its opening. And I think, "That's interesting." And it closes, and then opens again, and it feels like it's responding to something. So then I start trying to send a loving energy, because I think it's responding to a loving energy because that's how it feels. And then it will close again, on its own, and then open again. I'm just standing there observing this going on.

LBs: You are just experimenting with learning to open and close, and then your brain kicks in and you begin thinking, and that is when you tend to find it shutting again.

Q: Okay. Thank you.

Q6: Actually, I think what [Q2] was just talking about, children do very naturally, and do it without thinking about it. And I think that part of what happens when we so-called "grow up" is that we give that up.

LBs: That is as accurate as you possibly could put it. When a child is born, all of their chakra centers are completely open, and as they begin to perceive and experience the outside world--for reasons that are difficult sometimes even to understand, but if you could be an overseer, it would be easy for you to see--they begin to close, thinking it is a way of protecting, because the ego steps up and begins to perceive things that could be of danger, or uncomfortable, or build a fear. And when these things happen, the chakra centers begin to close. But if you will observe a two or three-year-old child who has lived in a relatively normal home--which is very difficult to find, but a relatively normal home--without too much trauma that he is exposed to, you will see pure joy when he is in play, or when he is interacting with others, or when he is interacting with his imaginary friends. You will see pure joy; all seven chakras are completely open. And you are absolutely right, that is where you once again want to get back to, that state of innocence, that childhood joy that is a natural part of the human entity. But because of your experiences and your perception of what this three-dimensional planet you live on is about, you have lost or shut down what it feels like to have all those centers working in balance and open. But that is the point we would like to see you get back to, being that little child full of joy.

Q7: I think that people who are exposed to the kinds of energies that this group of people is exposed to feel that they are here for a purpose, but I think that one of the misunderstandings is that we are not yet accomplishing that purpose, because just by being here we are beginning to accomplish our purpose.

LBs: Your real purpose is remembering, and getting back in touch with the Source and opening to joy. And whatever you happen to do along that path is where you should be, because that is helping you step by step to get back to where you can truly be a part of the whole. And that truly is every entity's mission is that remembering, that understanding, that ability to open and have pure joy. So yes, you are right, one has a mission. And it may be that a part of that is a particular way of accomplishing that mission, but the mission is to learn joy, and to join with the Source.

Q8: I think another misunderstanding is that reaching that goal means giving up a lot. For certain people, there are things they do have to avoid, like caffeine or chocolate, but I think there is a misunderstanding that reaching that goal means giving up and not receiving.

LBs: There are a lot of misconceptions about getting to that point, the point of being able to be fully open and to be able to fully receive. And there has been much, much discussion in many, many of your religions about what must be sacrificed to be able to reach that point. But yes, you are correct, in that it is not necessary for there to be a lot of unhappiness or suffering or sacrifice or giving up. What needs to be understood is that each person will have a path they have chosen in this particular incarnation, and on that path, they, as an individual, may find that they are in a much better physical state if perhaps they had a particular diet, or they are in a better spiritual state if they practice particular rituals or a particular way of getting in touch. But each individual must find what works for them, and it does not necessarily mean that you have to give up things of the physical world, unless that is a choice you may have made before you came here. Does that answer what you were asking?

Q: Yes.

Q9: My grandmother, daughter and father have had periods of illness and I tend to experience a draining of energy and even physical symptoms they are having. I feel so much empathy and so am I somehow getting attached with these people that I care so much about, that when they get sick, I'm starting to get sick? I was told that I have been attached by a psychic cord and if I visually cut it I am no longer experiencing symptoms. Is that what's happening, or is it coincidence? And if so, how do I manage caring, but do not end up sick myself?

LBs: Yes. This is a rather complex question, and it does have to do with your personality and the way that you perceive. Let us first explain--because this is a two-fold thing here that you are speaking of, two things that are happening--the first thing you spoke of is the cord, and this happens rather frequently. It happens more often with a sexual encounter, but it can happen also when you have allowed yourself to get "hooked in" to someone else. And you do not perceive this as a bad thing because it usually takes the form of what you perceive as love. And even in a sexual encounter, you will perceive that you love this person, and so you actually hook in, or they hook into you, and there is a psychic drain that then takes place, because one or the other is usually of a stronger nature and the other will tend to, parasitically almost, feed off the strong one.

So this does happen more frequently than you would like to think that it happens, and usually the best way to get rid of this kind of connection is through a meditation and a visualization of literally cutting that cord. And this usually happens, transpires, when you feel that for one reason or another, you cannot survive without that person; you have given your power to them when you reach that point. And so, there is a . . . we won't say "unhealthy," but we will say it is not of a pure love, but more of a needy codependency, as I think your

psychologists might call it, kind of love. And so, it is necessary to be aware of when this happens. And sometimes you may be into a relationship, or into some sort of association with someone, and go for several years and that not happen, but then something might trigger it.

Q10: Is that what happened with my daughter, or was that just a virus that I had for six days?

LBs: With that particular case, it was a combination of you picked up a bug, but it magnified because of empathy. And this is the second thing we will speak to you about. You have developed the ability to empathize to such a degree that you physically take on their symptoms. And so, you do need to learn, when you find this happening to you, to surround yourself immediately in blue light and see yourself physically stepping away from the illness, and then sending them healing light of blue and of green to sever that connection that causes you to literally take on the symptoms.

Q11: So did I do the same thing with my father?

LBs: Yes, that was an empathetic kind of reaction. But you do have a type of almost codependency there with your father, and you do probably need to look at that and recognize that the love you are feeling is more of a dependency than perhaps it needs to be.

Q12: What do I do with my ability to open or empathize? How do I know where that line is? How can I use that ability and not attach to them?

LBs: The reason you are developing this is that you are opening again. You are beginning to open in ways that you were not open before. Everyone has the potential to empathize and feel what another feels. Most are not willing to go there because it is uncomfortable; it is frightening, so many will not go there. But those that do have that ability, or recognize that they have the ability, need to learn to step back, step away from it, when it starts physically affecting them. It can be used in the positive way in understanding where people are coming from, understanding what someone is dealing with, so that you are able to help them in a better way. But it is not going to be helpful to them if you also take on their symptoms, do you see?

Q13: I do. What can I do to help not do that?

LBs: Once you are realizing that you are empathizing and understanding where they are coming from, and begin to recognize that you're feeling something, then physically visualize yourself stepping away and putting the color in.

Q14: You want us, as a group, to get more in depth into energy. Is that correct?

LBs: Yes. And we will guide you on that, and we are in a rather . . . It may seem vague to you, but we know how much you are able to absorb and take in at a time, and most of you are absorbing more than you even recognize, and are beginning to use it in ways that perhaps you are taking for granted now, not even knowing that you have absorbed some of the information. You are much, much more aware of energies, for instance, and how you are affecting others, how others are affecting you, than you were six months ago. So you are beginning to gain that recognition and that understanding, which was necessary before we could get into anything that was of a specific nature.

We are going to start suggesting, probably, that most of you look at some of the areas of energy that you find the most interesting, and start pursuing it through reading, exposing yourself to teachers, experimenting with each other, and learning each other's energy, working together, and realizing then that you are learning through doing. That's going to be of an important nature. So you are going to, at this point, begin to find individual interests in certain areas of the energy field. Some of you are going to be more interested in the scientific, in the mechanical way the brain works, and some of you are going to be much more interested in the healing end of it. Some are going to be interested in how sound, and color, and light work with the molecular structure, and some are not going to care as much about that as how it works on the psychological end.

So start, each of you, thinking about what area you are most interested in, and once you open to what interests you, you are going to find things are going to just come to you, because we cannot give you enough information in the time we spend with you to move you forward at the rate we want you to go. It's going to mean you need to work outside of this two hours every couple of weeks, with other information, and there is an enormous amount of information out there already. But once you get your base foundation, then we will be able to bring new information in to you that you will understand and know how to use.

Q15: So are you saying, as we learn more about our own interests, it would be good to do more and more together, like this trip to the Monroe Institute, or things like that, just to kind of get us going as a group?

LBs: Yes. And tomorrow evening, you are going to feel an energy that is going to take place, because you are going to be exposed as a group energy tomorrow, to a new modality that most of you are not familiar with [the tuning forks of Christopher Tims]. And once you have that modality explained to you, some of you are going to find great interest. And so, if you do, pursue it and pursue it together, because each of you is now recognizing and beginning to bond with the other, knowing that there is a trust here, and you can begin to work as units--two, three, four, or five of you at a time. And then it would be beneficial to occasionally, all of you, get together and share what you are learning outside of the time that we come together with you. Do you understand, because it will take work? And it will take interest in various areas. And each of you has a special ability in a particular area. Some of you are more kinesthetic. Some of you are left-brained. Some of you are more visual. So you take the area that you have the most gifts in, and explore what interests you most, and come back and share, so that you can come back and learn at a much greater rate.

Q: Thank you.

Moderator: And we'll take a break now; it's been half an hour.

[BREAK]

LBs: Welcome back.

Q16: What is my child going to be--a boy or a girl?

LBs: Is this something that you really do want to know?

Q17: Yes. I really do want to know, and I'm actually going in a few weeks to find out for sure, but I just wanted to know if you had any idea.

LBs: There are times when we would prefer not giving you answers to something, but let us say that you may want to look at things of the pink nature.

Q: That's what I thought. Thank you.

Q18: What part of the body receives thought waves from an external source? Is it the pineal or the thalamus?

LBs: First, it is received in the mental body, and then that is sent with an electrical signal into the brain itself, and then the neurotransmitters send it to the correct part of the brain to be able to receive the information.

Q19: When you say an electrical signal is sent to the brain, you're not talking about a direct current, but an electro-magnetic pulse?

LBs: That is correct.

Q20: An electro-magnetic pulse is like frequency fluctuations?

LBs: Yes.

Q21: And so, that would be received, like you say, by the neurons, which are themselves like a circuit?

LBs: Yes.

Q22: Setting up an electrical DC current to the body. And that is what the scientists think is what thinking is don't they? They're seeing the result, not the cause?

LBs: Yes.

Q23: Further question concerning information from the book, "Energy Medicine" by Oschman.

LBs: Your question is a little bit muddy, but let us try and explain what we think you are asking here, and in a way that you can perhaps understand. It is much more complex than even the scientists can possibly recognize, because it is not a particular--you asked if it was the pineal gland or the thalamus or--It is not a particular part of the body that receives the signal. It is much as a computer is designed: it is more like an impulse as opposed to, as you are saying, a "scan," an impulse that helps control or . . . It is a program, so to speak, if you want to look at it as a computer. The program is written as "If this happens, then this will transpire." So, if heat is applied, then temperature will rise. It is a program. The body is simply a mechanized program, and the brain is the part of that computer that fires the program off.

Q24: It's the hardware?

LBs: Right.

Q25: But I said "thought." Now, some thought is directed, like our conscious thought is directed. But the ego is a reactive memory, is it not? So the ego is not part of what we're talking about, is it? The ego is actually in the physical body?

LBs: No. No. The ego is not in the physical body. The ego is as the soul; it just simply does not survive after the body diminishes, as the soul does; but it is a part of the mental body, as opposed to being anything physical.

Q26: Okay. So our aura is really what we are in the physical--

LBs: Yes! The body is simply a mechanism that performs according to information it is fed from the aura, from the seven bodies.

Q27: Yes, but the aura is constantly changing, so there must be something beyond the aura which is "us" also. You said the aura continually changes in its scope, in its make-up, in its vibratory frequency--

LBs: And it is sending different messages constantly to the body. Yes.

Q28: And that's different than the soul? The aura is an appendage of the soul which comes and goes with incarnations? Is that it?

LBs: You are getting into a very complex--If we could explain this in a way that makes sense to you in words, the aura is the soul, but the soul is more than the aura. The soul is connected also with something completely outside of this earth plane.

Q29: Would the aura be more of a description of the individuation of the soul, if you will, so that we might think of the soul as just The Soul, the only Soul that pervades All That Is? Is that it?

LBs: That certainly is one way, an analogy that, yes, you could use. The soul is a part of All That Is. And when it incarnates, it brings in a certain amount of individuation, as you say, and that is through these different layers of energy that it brings in. And the thought forms that it is exposed to interact with these layers, and as we said, electro-magnetically come into the brain to then perform its function. And it is the same when the brain sends a thought. And it gets extremely complicated to try to explain in language. Perhaps it might be, in the future some time, easier for us to draw some things for you, as opposed to trying to explain in words, because it is very difficult to explain how something like a thought can penetrate this field and actually influence a physical body, but that is exactly what does happen, through the electrical transmission that goes on in the physical brain. But that physical brain is not a part of that aura, do you understand? It is only the machine that keeps that aura moving on the physical plane. Does that help at all?

Q: Yes, I think so.

LBs: Yes. The more you get into understanding how the brain works, and then the more you get to understanding about your energy fields and your chakra centers and how they work, the easier it is going to be for us to explain to you how the entire combination is then put into motion and how the actual changes can be made vibrationally. And that's what you're experiencing now. And that's part of why some of you are having some physical difficulties or some psychological upheavals, is that you're not able to balance all of this input that is coming in vibrationally. You are moving so fast at this time in making these [vibrational] changes that the physical body can't receive the information quickly enough and make the cellular adjustments that are necessary. Do you understand?

Q: Yes.

LBs: So some of you are experiencing physical problems because of that, because there is such a vibrational shift and it cannot make the cellular changes needed. And that's why we do not recommend that you move too fast, because it can be detrimental to the body, or to the psychological being of you. Because there needs to be time to assimilate, and give the body time to make these cellular changes necessary. Do you understand?

Q30: The body can't handle the new information. Is that what you're saying?

LBs: We're saying that when you begin to expand your consciousness and open, that changes your aura. It expands. It changes vibrationally. So there is a shift. And then that information comes back into the body. But if the change is made too rapidly, if there are too many shifts before the assimilation is possible for the cellular changes to be made in the body, it can create psychological or physical illness. You understand?

Q31: Is it just the inability to absorb the information that causes the problem, not the information itself?

LBs: Let us bring this into . . . We do not feel this entity we are coming through would mind if we share, so we are going to be very personal tonight, which we normally do not do. But we have, at a different level than you can understand, asked for permission, and so, it will help you understand perhaps with us discussing this. As she explained to the group earlier, there were many things that came into her life that were of a traumatic nature. This was energy that was fed into her body through various losses and pain of different natures: the loss of her father, the loss of her pet, the almost loss of her son, the loss of many things that she was either fearful of losing or actually lost. And it happened at such a quick rate. And then the physical body had a lot of losses, and that happened also at a very quick rate. And so, there was not time for the assimilation of these losses so that emotionally there could be the adjustment period, the adjustment for each loss. And so there became blocks where, actually, the neurons could no longer transmit. The brain simply said, "I don't want to hear any more." Do you understand? [Group assent] And so, at that time, her body could not adjust, and that's when disease began to be more the norm for her than good health, because there was not the adjustment time.

Now this can be true of any kind of information that comes in too rapidly and there is not time for assimilation. So, if you are expanding your consciousness and you are allowing all of this new spiritual information to come in that you are learning about, and it comes in so rapidly that there is no time for assimilation, and then either the mind or the body will react and say, "I don't want to hear this anymore." Do you understand? It's overload. It's what happens if you overload any computer.

Q32: You're talking a lot about psychological overload?

LBs: Not just psychological, because the brain feeds the body information, the physical body. Do you understand? The brain feeds the physical body. And if the brain says, "It's time to rest; no more thinking about loss," and then another loss comes in, the brain says, "I can't really deal with this anymore," and it feeds that to the body. So it can be psychological, or it can be physical. It happens to be how that particular entity's disposition is.

Q33: Is it not true though, that no evolution can occur without a certain amount of overload?

LBs: Yes! That is true. That is absolutely true! The overload will always happen before there is a quantum leap.

Q34: Bill Harris says that growth and evolution don't occur in spite of tragedy and chaos; it occurs because of it.

LBs: That is exactly right. And the scientists are very accurate in saying, "As above, as below." So, the chaos theory that is now prevalent is more accurate than anything that has been presented. It is not completely accurate, and more information is going to come in, but the idea that there must be destruction before there can be growth is absolutely part of the earth plane plan.

Q35: So how can we, as humans, find that fine line of knowing that there is chaos before growth, knowing we are letting it get to the point where the mind, the brain, the body is overloaded? How can we be aware? How can we know we have reached that point of change and administer to it, so that we can knowingly help ourselves?

LBs: You are being given tools. We've not given you a lot of things yet that are possible, but there are many things that you already know about: your meditation, your working with color, your working with sound, your working with light. To keep you balanced is the best way for you to be able to help with this overload. The problem is, sometimes, that you get on such a treadmill of events that there is not time for that balancing.

Q36: So we need to make sure we're aware, and stop and make time for those things?

LBs: Yes. That's what we were trying to explain when we were bringing in the situation with Joyce. She had so many things so quickly happen, there was no time for balancing in between.

Q: But these were out of her control!

Q: There must have been a reason for that.

Q37: Why did she have to have all that loss? Or were they out of control?

LBs: Yes, she had made the agreement when she came this time on this plane--

Q38: For a purpose then?

LBs: Yes, to grow. To grow in a way that she would be able to give back to the social order. But she has brought with her--which was very necessary--a very strong will. And with that will was a very strong ego. And she's not going to be happy when she hears some of this [Group laughter], but because of this strong will and ego, we will not say she got off her path, but we will say she did not listen. For the last several years, we have been trying to tell her how very necessary it was that she balance her creativity with the rest of her life, and she refused to listen. And so, she had made the request approximately six or seven years ago that she be shown whatever it took to get her to the place she could perform what she came here to do. And do not ask that if you are not serious. And sometimes, to get you to that place, with you having a strong ego or a strong will, requires a sledge hammer as opposed to a feather tap. And she continued not to listen. And that's why it required--on her own choice, remember; you never receive what you did not agree to; remember that--and by her own choice--not consciously, not consciously in any way, but subconsciously--she set herself up for these things to begin happening.

Q39: If the surrender is made, then we don't necessarily assume that it's going to have to be unpleasant, if we're really open and not fighting it, as this entity did. So it could have been different. Is that what you're saying?

LBs: She chose a very rocky path up the mountain, when the expressway ran around it.

Q40: Can I ask a question that Joyce, the entity that you are talking through, wanted me to ask for her?

LBs: Yes.

Q41: She wanted to . . . We were talking one day, and she mentioned she'd been leaving her . . . Well, we were talking about my boyfriend's mother, and you explained to us that before she died, she experimented with leaving her body, and Joyce said she'd been doing that more often, and she just wondered why.

LBs: This has been just a matter of her doing more preparation for a work in the future. She is going to become more conscious when she is speaking, and sometimes it will not even appear that she is in communication, but that it's coming from her. And actually, she will have, as she said, "left." So it is just a preparation for her future work, and it is nothing for her to be concerned about, but she does need to make more effort to do things with the earth and again with her art, with her creativity, so that she does have a better balance. And that will help her in both her physical situation and help her more in being able to be in better communication with this outside information.

Q: Okay. Thank you.

Q42: There is an elderly lady that I've known for quite a while, but we've lost contact. For some reason, daily I think of her, and I'm drawn to her. I'm wondering what specifically that's about.

LBs: Be open to this, because there is something that she is going to offer you that is going to be of great learning for you. It will not be something that she consciously does, but be open to this interchange, because through your association with her, it is going to move you forward in some ways that would not be possible otherwise. It is a gift for you, so be open to that.

Q: Okay. Thank you.

Q43: Moderator: Is there anything you would like to say in closing tonight, Light Beings? We appreciate so much your being here.

LBs: Of course, we always welcome any questions, and we hope that each of you will begin to look at some of the things that you find most interesting to you, and bring back your questions. Do not feel that they are frivolous, or too simple, or too deep, but bring them back to share, because it will be, as you will find out, building blocks to help you begin to understand more and more about the way the energy works on this plane and the way that you can help use that energy for not only the betterment of yourself, but for those that you are in contact with, and even those far a-field. So, do continue your search. Make the effort when things come into your field, to be open and try to understand that you will be given nudges in many, many directions now. And when you receive those nudges, try to absorb what is coming to you, because we will try in many ways now to get your attention during the time that you are not sitting here listening.

Moderator: Thank you. Good night.

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

[End of session]

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