

Light Beings: Good evening.

Group Participants: Good evening, Light Beings.

LBs: You have certainly made a leap tonight, without probably realizing until sometime later in the week how much progress you have really made. There was quite an interesting energy going on in the group, and the energy was one that was one of a very positive nature, even though it might have created some constriction in some of you for a short period of time. But it was very pleasing to see how the energy shifted and how it began to expand, so that there was the ability for each of you to be comfortable with expressing and being. And this is part of what we are hoping that you will learn to do more and more, not just in this group, but within your family unit and with those that you work with, and those that you relate to in any way. So we hope that you will take the time in the next week and go back over some of what transpired tonight, and re-feel some of the energy that was present tonight and how it shifted. Now we would like to open for any questions.

Question#1: I have a question I would like to ask about what happened tonight [Before the channel there was a group discussion and one of the participants became upset about something that was said in the group.] because I was one of the persons who had what . . . I guess "constriction" is a good word. And it is something that happens to me actually whenever I get upset, or if I'm in the presence of someone else who gets upset. The center of my body gets very cold from the inside and I actually can start shaking because I sometimes get so cold. And sometimes I will lose my voice when that happens; I'm not able to speak. When you have that kind of energy going on, what do you do with it, because it feels like it's an energy that's trapped, so what do you do to release it?

LBs: Yes. That is a very good place to start this evening because it will help you to understand why it is so important for you to start working with each of your energy centers. Because what happens with your particular case is that you truly do shut off any energy that can come in, and you shut off so that no energy can get out from that particular energy center. In your case, there is a fear surrounding taking your power and being able to maintain self-esteem. You are determined to stand your ground, and yet, deep within, you are wrestling with or have some conflict about how that should be done. And so, that causes some restriction. And the same when you see someone else become upset, because you are empathetic, you feel their energy, and that causes you to constrict, because you don't want to feel what that feels like, again because you recognize it. It's that mirror that we talk about fairly frequently that you are experiencing when you see someone else get upset. And so, this will give each of you the opportunity to look at what centers, what energy centers, this discussion tonight affected. Which ones, which part of your body did you feel constriction in? Which part of your body did you feel expansion in? And that will help you understand which energy centers you are working from and which need some help in balancing and opening. Does that help answer your question?

Q2: Well, to some extent, but when you say I have a fear of taking my power, actually I wasn't . . . I felt this great need to sort of rise up and defend the person that was upset. Let her be upset if she wanted to be upset! It really bothered me that people were telling her why she shouldn't be upset. And is that why I felt the constriction, because I was afraid to really step out and take up for her?

LBs: Not so much “take up for her,” but you have that . . . there are some issues that you wrestle with on being . . . having . . . It’s difficult to even present the correct word to you because . . . You’re not fearful in a normal way people think of fear; you’re not afraid to speak up. But there is an inner fear of your losing your power. And the moment that you feel it is challenged, or you see another’s challenged, that constriction takes place. And you saw her as her power being questioned, so to speak, because her being able to speak out about what she was feeling is the way that she was able to use her power. And you saw that as being constricted or stopped. And that’s why you felt that so strongly, because that is an issue you work with and that you . . . That’s very important to you. You understand?

Q: Yes.

LBs: And so, that’s why you felt that. It was like the mirror, because you, yourself, react very strongly when someone tells you you shouldn’t feel a certain way. And you have always reacted strongly to that, even as a child.

Q3: But it doesn’t really answer my question though of what I do with that energy so that it’s not trapped.

LBs: Correct. And this gets a little bit more complicated until you begin to understand how the energy centers work. And that’s one of the things that we want to help you with. And when we say . . . Let us see if we can give you a good way of working with that without getting into a lot of theory or . . . One of the things that you can recognize and do is be with that feeling. Do not try to force anything about the feeling. In other words, don’t try to make it go away. Don’t try to deny that it’s there, but completely submerge yourself in where that feeling is stuck. And then, where you sense it is stuck in the body, start visualizing the color of that area. So if it was stuck here [solar plexus], then be with that stuck ness, that constriction you are feeling, and visualize yellow coming into the body and moving out of the body. Breathe it in; breathe it out. And continue doing that until you feel the warmth of that color, and then you will recognize that the constriction has disappeared. Do you understand?

Q: Yes. Thank you.

Q4: You suggest breathing it in and breathing it out, from the hand motion you just displayed. You don’t necessarily mean breathing it into the lungs and out, visualizing it that way. You mean breathing it going in and out through the chakra centers, don’t you?

LBs: That is correct. Yes. Breathe it in, breathe it out, but use it with the breath, because the breath is very powerful anyway. By recognizing how you breathe and recognizing the rhythm of your breathing, that’s an important factor of balancing. And so, use that breathing to help create the rhythm of the in and the out, the in and the out. Because what you don’t want to do is just breathe in. You want to breathe it out, so it can move.

Q5: Is that why I’m such a shallow breather?

LBs: That may contribute to your . . . That is like a “Catch 22.” You are a shallow breather because your chakras are somewhat closed in some areas, and your chakras may be closed because you are a shallow breather. In other words, the breathing, the learning to breathe properly, will help balance and help to open all of the centers.

Q6: Is that why if someone makes me breathe really deeply, I tend to start crying? It’s actually very unpleasant for me to breathe deeply.

LBs: That will be a very interesting experiment for you, because yes, that is bringing up some thoughts, and they are very, very old issues, and so much so that some of it is even pre-verbal. And as you begin to work with your breathing, you may find there are some physical changes actually in your presentation and even in your voice.

Q: Thank you.

Q7: I was in a telephone conversation that was very upsetting to me this week because I didn't have a clear picture of what was going on. I was very angry and I hung up, and lay down on my bed and cried. After I cried, I called the person and apologized, because I realized what she was saying. I couldn't see it before.

LBs: That is a very common . . . tears are a fairly common way of release, and when you learn to release, it opens you in a way that yes, your perceptions can be of a much greater nature. And this is something you are going to learn more and more about is that much of what you take in as information is your perception, not really what is taking place.

Q: Right. That's what I discovered.

LBs: And unless you are truly open at every level, then the perceptions are colored. So it is going to be more and more important for you to be more and more open so that you see crystal clear, instead of through one color or another.

Q8: I was reading this past week that human beings are mid-air breathers, but in this transition, we're going to learn to use another breath. Is this part of what is going on now, this changeover into that, or being able to breathe on three levels, like in the ocean, you know, under the earth; here on the earth; and above the earth?

LBs: That will require enormous changes in the structure of, the denseness of, your body. And that will not happen any time in the near . . . You'll have many incarnations before that happens. But part of what you are probably reading and they are speaking of is that as you become less and less dense and are able to move into other dimensions, then the breath will not be, of course, as it is in the dense body. And there are many times when you may separate from the dense body and be able to enter another dimension. That may become more and more common for those of you for whom that is your predisposition, and there are some in this group who will find themselves doing that more and more frequently now. And that may be what they are actually suggesting, is that the etheric body is able to experience, and then there is not the physical that has to deal with the breathing.

Q9: Because when you are in a very, very peaceful state, the breathing is almost not breathing.

LBs: That is correct. Yes. That is correct in the dense body.

Q10: Could you tell us more about what happened with the energy before you actually started to channel. You said when you started that a lot happened that we weren't even aware of. Could you describe more about that?

LBs: When you first joined tonight, there was an eclectic kind of energy going on. Lots of people were going in lots of different directions, and there was not that cohesion that sometimes

you feel in the group. But then it began to become more and more cohesive, until the statement was made that created some uncomfortable feelings in some of you. And so, then the energy was sort of like almost watching oil drop on water: it began to sort of dispense, but in a . . . in a non- . . . It's very difficult to explain in words; just picture dropping oil on top of water and that oil beginning to spread over the water. That's how the energy began to look. And then, as you began to work through what some of you were perceiving, and recognized that it wasn't a destructive perception or wasn't going to really be anything of detriment, it began to come back together until it was a very smooth energy that seemed to flow then. Again, there are so many times that we wish we could draw or play music or something to help you understand more what we are saying, but it was a knitting back together.

Q11: What was it we did? Was it the sharing of feelings, was it the having a voice? What was it about our actions that brought us to that?

LBs: Some of you actually opened up some of your energy centers in a way that you are not accustomed to doing, and some of you simply opened your heart chakra to whatever was going on, and in so doing, allowed the presence of expression to be accepted. So it was a matter of how energy was handled by each person. There was very little constriction of the hearts here, almost none, which was what kept the energy moving. There was some constriction of the solar plexus area, there was some constriction of the second chakra, and there was some constriction of the throat chakra. But there were no constrictions of the heart area, and that's why you were able to work through without there being any residue. Do you understand?

Q: Yes.

LBs: So that's what happened. And that's what you can become more and more aware of. You see, you are going to find out, as you become more and more open with each other and with your own family units and those that you work with, that if you can keep the heart chakra open and keep yourself balanced in that respect, then you are creating a safe place for openness, and the defense mechanisms of others will tend to disintegrate so that there can be that honesty. Now, this will not always be the case, because you may approach someone who has so many fears that they absolutely can't open their heart chakra, and in that case, it may be more difficult for that honesty to transpire. But in this group, most of you are working hard on opening the heart chakra, and in so doing it creates a very comfortable place for the energies to blend and to work through, because even though each of you recognize that all of you are One, it's much as the body: each of you are individual cells of that One, and therefore, each has different functions and does different things for your existence, and therefore, you look at things differently. A liver cell does not look at things the same way a heart cell does, but yet they function for the same purpose. And that's what you are going to begin to recognize is how you, as a liver cell, can function with this brain cell and this heart cell. Do you understand?

Q: It makes a lot of sense. Thank you.

Q12: I've noticed this past week or so a lot of different people are talking about not having energy, not sleeping well. Is that our weather or is that the energy?

LBs: No, that is the energy shift. And there is a sizable energy shift that has gone on, especially around the 16th, but is still going on--it has not completely dissipated--and so the sleep patterns are definitely being affected. Once again, you are finding many people are waking around three and four o'clock and having difficulty going back to sleep. There also are periods when there is great irritability and you don't know where it is coming from. You just are e-e-e-e-e, and you have no idea where that's coming from, because in your heart you are not

feeling it, but it doesn't take much to irritate. And that is a physical thing that you are experiencing because of the vibrational change; it literally is affecting your cellular structure and you need more rest. So try as much as possible to get the appropriate rest, because your body needs that time to not only work in the dream state right now--and you can receive much information--but it needs to rebuild in the evenings for the next day's working, because it really is going through a little more stress than usual.

Q13: Do you have any suggestions for when we do wake up at three and four in the morning and can't get back to sleep, if we need rest? Is there a thought pattern that we can follow? Is there something that we can do to use this time for something productive?

LBs: Yes, and you are absolutely right, you can use that time. Many of you are going to start experimenting more and more with ways to balance, and what will help a lot with the sleep patterns is being sure you are balanced before you go to sleep. So, whatever you're using, whether it's light, whether it's the cloths, whether it's music, whether it's going to be your tuning forks, whether it's going to be your flower essences; there are going to be many, many subtle ways that you are going to learn to balance yourself.

Q14: Before going to bed?

LBs: Before going to bed. But should you awaken, do another balancing, and that will help. Also, hopefully you are going to get more and more involved in learning to . . . we won't say "detach" because that is not a really good explanation, but you're going to learn to empty. And once you can learn to empty, then you are going to find it much easier to drift back into the dream state. It is the vibrational shift that you are experiencing, and the only thing that you've got as a tool is to try to keep yourself balanced. That's the only thing really that can help with this vibrational shift right now.

Q16: And when will this be over?

Q: Ten years

LBs: That is correct.

Q: What? [Group laughter]

Q17: How do we empty, like you were saying?

LBs: That becomes more and more a . . . that's almost like the benefit of balancing and the benefit of becoming a part of what you intellectually now talk about that you believe; but when you start actually, twenty-four hours a day, becoming and being, then you are going to find it much simpler to empty, to become an empty vessel, so to speak, so that you can fill from the Source, and that will just become almost like a second nature. So it's not really something that we can give you lessons in, so to speak, but it will be a part of what you become. You will learn to do that; you will learn how to create this space. And again, we are so limited with words, but it will be more like you're in the light, you are just light, do you understand? And that will just become a part of your being able to plug in to the greater energy. And once you do that, there

is this peace, this balance that comes through you, and then you're able to adjust to the vibration much easier. Do you understand what we're saying?

Q18: Kind of like being at peace with turmoil around you?

LBs: Correct. Yes. You will be. You will be able to do that. You will be able to recognize that this is just a drama that you're taking the lead in right now, and if you wanted to, you could walk away from that particular script, but you've decided to play this script. And you will get it that way then; it doesn't pull the same meaning; it doesn't have this life or death kind of feeling to it any longer. Does that help at all? And we realize that we're jumping ahead, because you're not there yet, you're not there yet, but that's where you'll ultimately be able to go.

Q: I'm looking forward to that. Thank you. [Group laughter]

Q19: How long does it take the average physical body to adjust to the ongoing cyclical rises in vibration? What's the normal lag to adjust, before it has to adjust again?

LBs: That's an impossible question to answer for each individual, because each individual has different toxicities, different thought patterns, different growth patterns, different belief systems, and so, it all depends on where you are in your own growth as to how quickly the lag, as you say, transpires.

Q20: In other words, I could be completely and totally balanced right now no matter what kind of vibration goes down is what you're suggesting?

LBs: That is correct, but you will find very, very few avatars or people, entities, who have that kind of ability at this point in time; but yes, that is correct. Technically speaking, once you have reached a certain point of balance, then the denseness, the polarity, no longer really affects you. But that is not where you are trying to get. You are not trying to be avatars or saints; you're trying to reach a point where you are simply unified with the Source and are recognizing that unification. You are already unified, but you are not recognizing that unification.

Q21: Isn't that the same thing? What's the difference between an avatar and someone who recognizes their unity with the Source?

LBs: An avatar is one who has chosen in this incarnation to be of total service.

Q22: Oh, I see. Everybody is familiar with the term "master" and becoming a "master," but there are different levels of enlightenment. What would you consider the line, where a person might become a master, where they'd reached "enlightenment,"? Do you have some kind of way of defining that concept?

LBs: One reaches enlightenment when one has completely opened to the Source. What is difficult sometimes to understand--and yet you certainly have many sayings that try to explain that to you, such as, "What do you do before you're enlightened? You chop wood and carry water. What do you do after you're enlightened? You chop wood and carry water."

Enlightenment is simply being of the light. And whether you want to call yourself a "master" or you want to say that you are "enlightened" is of little importance; what is of importance is that the individual soul has chosen to walk that path and to join with the Oneness. And there are many, many paths to be able to access that Oneness, and so we hesitate to really say there is

much benefit in using a word such as "master" or telling someone, "You are enlightened." All that really does is in some way open the door to some that are looking at levels, supposedly, or . . . It's very difficult for us to understand the need for titles.

Q23: Although you've used the term on a number of occasions yourself.

LBs: Because we, again, are so limited. It's so limiting when you are trying to express with words, which is why we are so very anxious for you to get more into working with energies, because then the expansion is so different and you begin to understand at a level that does not require words; but someone who truly is "enlightened," or of the light, will have great difficulty explaining that to you.

Moderator: Well thank you. We're going to take a break now.

[BREAK]

LBs: Welcome back. [Group greetings] And we'll just go ahead and open now for continuing questions.

Q24: Two sessions ago we did a kind of group healing for a member of the group, and after that I suddenly realized that this dramatic change had taken place in how I felt about myself. I felt stronger and more confident, I felt lighter, and at the same time more solid and clear. It lasted through most of the next day. What had taken place to cause that change?

LBs: Once you open to the energy of healing, whether you are the participant in receiving, or whether you are giving the healing, the energy moves back and forth. A healer, one who does hands-on healing, gets the benefit of that healing, because the energy comes through them and heals them as they heal others. That night, you opened to receiving the energy as well as sending it out, and so, you were receiving healing energy from many because it was available. Energy goes where it is needed, where there are openings. And so, it is not an unusual phenomena, if you are in a group of healers, for you to feel that energy if you are open to it, even though you are not a direct recipient. And that is what happened with you, because you are learning to open more and more to these energies of a healing nature.

Q25: I was wondering how much of that also was due to the yellow light that Joyce had sent to me during that period.

LBs: That also had contributed. That is much more powerful than you yet have recognized, than any of you yet have recognized: the visualization of color and the sending of that to one who is open. The person does not necessarily have to know, even, what they are open to, but if you tell them you are going to send them light and you are going to send them color, or you let them know you are willing to do that and they are open to it, it can be an extremely powerful healer. And so, yes, that certainly contributed to it because, again, you were open.

Q26: Yes. Thank you. Several of us in the group have been receiving a lot of information from different channels, different groups, regarding the inappropriateness now, in this time, of sending any kind of healing energy, or doing healings for people without them having expressly asked for it. Are there times when the soul of someone is asking for assistance even though the personality is not able to ask for it? What are the guidelines for this?

LBs: You have asked more than one question, and so, let us answer accordingly. First, do you understand why you do not normally send healing to someone who has not asked for it?

Q27: I don't know if I do.

LBs: If someone has made a decision, whatever that decision might be, for their body to deteriorate, and you decide you want to heal them, you are interfering with their own choice. Now, they're going to be able to reject that healing if they do not want it, so you're not going to truly do any damage. But it is more or less like someone going into your bureau drawers and examining your underwear: you would not appreciate that. It's that same kind of not honoring one's privacy or one's choices. Do you understand?

Q: Yes.

LBs: So it's not that you're doing something wrong but that you're simply not honoring their choices, their privacy. But you will not be able to send that energy and then receive it if they do not desire it, so you don't do any kind of . . . you're not going to heal them without their permission, so that's not to be a concern or a fear, but you just want to respect their privacy. The other part of that question deals more though with your pure intent. You are correct in saying that that person did not ask for a healing per se, but he had talked to several in the group and expressed some of the pain that he was going through and that he would like some help. So, with pure intent, the group attempted to give him help. He had a choice whether he wanted to receive it or not. The other thing that concerns giving a healing without asking is that the participant is not given the choice to be open. If they are aware that the healing is going to be done, they maybe can make better preparation for receiving. Do you understand?

Q: Yes.

LBs: So that is again why it is better to ask permission. So, with pure intent, you send out a group healing. For instance, there certainly would not be any inappropriateness if there was a major catastrophe as there was in New York City for the group to send out a unified light to those souls to help them pass, and to those souls who are experiencing the loss. And those who want to receive will be able to. It is much as one prays; you don't always ask for that permission, but if you do it with pure intent, it will reach its destination; the proper party will receive the benefit. But in general, the rule is to ask and get permission before you send the energy.

Q28: What about as discussed, one is in a restaurant and they became aware of disturbed energy of a person in that room, and sends energy to support them or to help them in some way. I thought that if you become aware of, of their feelings or circumstances to that extent, that that's almost implied that the soul has tapped you on the shoulder and said, "Notice me and give some help."

LBs: That's a little bit different. When you pick up on someone's energy in that respect, there can be several things going on, and one of them can be that it is a mirror: you are being able to pick up on what is happening because they are mirroring a similar thing within you. Or you may be simply of an empathetic nature and be able to pick up on energy easier. But to assume that you are perceiving correctly is taking a pretty big step, perceiving that you can know exactly what that person needs. So, the most healing thing you could do in that situation is simply to communicate from all levels, all chakra levels, in a way that is open. Do you understand?

Q29: Not entirely, but I'm sure I will eventually.

LBs: Yes. If you concentrate on sending a specific energy, and you are perceiving out of your own issues that person's energy, it may not be the correct energy to be sending.

Q30: What if you just 'open.' Is it inappropriate to think in terms of sending anything at all, since it wasn't expressly asked?

LBs: That's why we're saying if you just open, then you are creating an energy field of expansion. You are sending energy, so to speak, but it is of a pure intent, with no conditions on it, so they can feel that energy and there is no defense mechanism they need to put up then, so it may open them to the point that they're able to receive your expansion. And it is not necessary for you then to concentrate on a particular kind of energy to send to them, and you won't be making a misdiagnosis then without them asking you to send something.

Q31: Is that kind of like asking for someone's highest good in any situation? You're not asking for anything specific but you're just asking, for this person or this situation, that their highest good be reached?

LBs: Even if you are asked to do a healing, or you are asked to send color, before you do that--that is what we speak of as "pure intent"--you ask that it be for the benefit of the person receiving it; always.

Q32: Because that healing may not be for their benefit?

LBs: That is absolutely correct. Healing may be a transition. It may not be the physical body getting well. And that is not your choice. That is the vehicle who is making that decision's choice.

Q33: Is that why I'm feeling like I should stay out of the middle of what is going on with my dad and his sickness?

LBs: Yes. The only thing there that you might want to do--and this will be as much for your benefit as for his--is to make it very clear communicatively to him that you are very interested, and are offering your services should he want them. That's all you need to do.

Q34: We learned today that my daughter is going to have a little boy, and I'd like to know why you asked us to think of pink.

LBs: Yes. We were very reluctant to say, because there is a period where the embryo is female, and it could have easily gone into being a female entity. That was a last moment choice.

Q35: Well, she's almost . . . well, she's half-way through the pregnancy, so are you meaning half-way through the pregnancy the child can change?

LBs: No. It was early on. She really . . . it could have been a female. And it was very . . . when that question was asked, it was very . . . uh . . . not clear to us whether it was male or female; very unclear to us. So, the embryo has not truly made that decision yet, even though the apparatus may be there now. So that may be another month or two before that decision is real set in concrete with that soul.

Q36: Well, the body's not going to change!

LBs: No. That is accurate.

Q37: So you're saying the male could come in with a female preference. Is that what you're saying?

LBs: Yes. Yes.

Q: Okay. Thank you.

Q38: I recently asked if external thoughts were received by the physical body, and you said they were first received by the mental body. Are the thoughts I have which I believe originate with me here on a physical plane, are they actually first transpiring in the soul or the mental body and then firing electro-magnetically into my brain, so I think it's really inside me but it's not?

LBs: This is not an easy question to answer, because it's very difficult to understand what thought truly is. Thought, as you are thinking of it as a part of you, is coming from your ego. It is usually--and we would say a very, very high percentage of the time, it is a thought that is connected to previous experience, so that it is in the mental or even the emotional body. It's already woven there, so to speak. It's like a cloth that you go to and you pull out this thought and put it together with this thought; but it's not a conscious kind of thing. In other words, you don't think to yourself, "Oh, I'm thinking this because mother did this when I was two weeks old." You see?

But that is programmed into your etheric field, your mental body. When you hear that "there is no new thought," that is pretty accurate, because you are setting your patterns very early; and those patterns continue unless you can bring them into the light and recognize that it is a pattern and not necessarily of the truth even. And you can make changes then. So that's one kind of thinking.

Then there is what we would call . . . probably the closest word you would have for it is "intuition," and that can appear as a thought, but it is more of a feeling thought; in other words, it comes more from the spiritual body, because it is more in connection with the soul and you are really hearing more than thinking. Does that make sense to you?

Q39: Well, not really. I'm sitting here conversing with you, and there are thoughts going through my head, and they're not thoughts I've had before. It's on-going, real-time, new conversation although they are related to past history and past information. There's got to be more than intuition in what you've said, isn't it?

LBs: Intuition is when it is . . . As we said, this gets very complicated because again, all we have are words. When you have even a thought, as you say, that is running around in your head, and you're asking a question, it is totally cloaked in your viewpoint. And your viewpoint is totally cloaked in all the thoughts you've had in the past.

Q: Yes . . .

LBs: You cannot have an isolated thought.

Q40: No, unless it's intuition.

LBs: Correct. And then, a lot of times you don't even recognize it.

Q41: Well, intuition, in a sense, once it gets into my consciousness, sounds like a thought to me, doesn't it?

LBs: It feels like a thought.

Q42: It "feels" like a thought? Okay. But these thoughts I have running around in my head that are related to all the information that I've had in the past, they're still original! You are saying it's an original way of looking at the old information?

LBs: Don't get information mixed up with thought.

[Silence]

LBs: Does that confuse you enough?

[Group laughter]

LBs: Think about that, and we'll get into that more in depth next time.

Q: Okay. [Laugh]

LBs: But what we are saying . . . Information is not thought.

Q43: I would like to know more of how I can relate the chakra energy to what we commonly refer to as the "meridians."

LBs: Yes, of course, as you are aware, there is a definite tie. And the idea that there are seven chakras is very limiting; there are many more chakras than seven. Those just simply happen to be the major centers that are easy to be able to affect through outside vibrational forces, but there are many chakras that are related to the entire meridian system. So, your question is how you can relate those?

Q44: To start with, is the meridian energy the same as chakra energy? Is there is a distribution or a step down, like a shift of the kind of resonance, or the lowering of an octave or?

LBs: Let us see if we can explain this. The chakras are like the funneling in and a funneling out and the meridians are like circulating it.

Q45: Yes! Okay. So it's really just the channels of movement that we call meridians, whereas the portal for the influx of Source energy is really the chakras?

LBs: Correct. Correct.

Q46: Do all chakras feed all of the meridians? Is there some designated distribution pathway?

LBs: Ultimately yes, they do; but there are, as you say, certain pathways from certain chakras that do affect some of the meridian areas more than perhaps some of the other chakras might. And that does get extremely complex; there's not much knowledge, as you know, about that. As you learn more about receiving and sending the energies, you will also learn more how those energies are integrated into the meridians and how, through acupuncture and acupressure, you are even able to affect the chakras, even though you are really doing more . . . at a physical point, more times at a meridian point.

Q47: Yeah. There are the classic points that have been named and recognized that are related directly to the different chakras, the major ones, I was just curious about being able to understand how the flow is best supported and what I might do to improve my understanding.

LBs: Yes. Yes. We understand what you are asking. Again, this is going to become more and more natural for you as you begin to open and learn to use your energies in balancing the chakras; and especially in your healing work, you are going to learn more and more how to help people with the balancing of the chakras. Then, as that begins to happen, you are going to see how it's going to affect meridians. And as you begin to do that, you will realize that you truly cannot separate the two. It would be like you are trying to separate veins from the capillaries. They each have sort of a different function, but they are so integrated that what you do to one affects the other. So, you can't really separate them and say what happens with the throat chakra doesn't affect the left-leg meridian, because it does! But in a very subtle way, you understand?

Q: Yes. I experience it often.

LBs: Yes. And so, what you are going to find sometimes now, as you begin to go back into your bodywork, is that you'll find perhaps a block here and you'll just know that it's the second or third chakra being affected, because you will know that this affects the colon anyway; you already know that. And you will begin to recognize how it all begins to tie in.

Q48: With the information that I become aware of--the specific sites in the body, and the sequence where I can give attention and energy to those particular places, like which ones to go to first, it's playing it by ear literally, except that I know the differences of the feel of these places as they are activated in the other person--I feel these places mapped out on my body, and sometimes it's a color I know to send to it, or just an attention or emotion, or just a contact; it may be light, it may be firm.

LBs: And you are going to get more and more information on your own, and then we will be also working with you on some information in learning to tie that in. When you feel . . . and we won't use the word "dead"; that's not a really good . . . a spot that has no energy, then you are going to know, Oh! That has to do with . . ., or that's a power issue. Or oh! That's a heart issue or that's a spiritual issue. You're going to start recognizing where those places are in the body and then be able to start working with the chakras, and that will feed to that area automatically. It's much as with working with light and color: it's helpful sometimes to send to a particular chakra, but even if you happen to miss, it's going where it's needed. And that's what you are going to be starting to realize is you may not always know exactly where that information is going, or where you are really needing to go next, but if you just feel or listen, you'll be guided. And that is a great change in this particular vibrational shift.

Q49: When I'm talking about a topic, like now, and trying to come up with the words for a question, I get ideas about how it's related, even without having the answer from your words. It comes as I'm verbalizing it.

LBs: Yes, because you are opening and allowing what we are saying; it is the "not thought." And it's the "not thought" that rings the truest.

Q: The knowing. Thank you.

Q50: A group of people in the Monroe Institute used the dream state to ask for information or clarity on a particular issue, or insight for a certain person. It's been said there is a lot more we could tap into with dream work, and they've asked me to participate in this group. Is that something worthwhile?

LBs: That could definitely be of help to you because of your interest and your knowledge already of working in the dream state. What many are not aware of is there are multi-layers of dream dimensions, just as there are in living your life on the planet.

Q51: Is the Monroe Center aware of this depth?

LBs: Oh yes. Yes, they have done much work. You are going to be surprised. Monroe himself did a considerable amount of work in the dream state. That was not unusual for him at all. So there has been a lot of work in that area. Not as much written, although there certainly has been some information that will be available to you, but there is a wealth of information in the dream state that can be obtained if one knows how to ask for it and one is able to get past the symbology. That usually is where one gets stuck is with the symbology. But there comes a point when one gets clear enough, and the vibrational change is great enough, that the symbology literally falls away and the answers are very direct.

Q52: How far am I from that?

LBs: Anyone can get there within the blink of an eye. It is a matter of understanding the lack of necessity for symbols.

Q53: Will that work, that training or that experience at the Monroe Center help me get to that place of not needing the symbology?

LBs: Not necessarily. You would learn; you would learn some techniques. But what would help you get to that place is having the confidence that you are going to receive the messages. That's all. It's very simple.

Q54: Is that why I can't remember the dreams as much. The interest in keeping up with my dreams has kind of fallen.

LBs: No, that is not the reason. You are doing some very deep work right now that you are not ready to bring to consciousness, and that happens frequently with people who are on the spiritual path. They go through a period of not really remembering many of their dreams at all, and the reason is because they are doing some very deep work. And once they reach a certain point it will start surfacing in the way of usually symbols, but sometimes without the symbols; it is very clear messages that come through. And there will be times when you might even remember being in a classroom. But at this time, that's what's happening with you is that you are just doing some very deep work. Do not concern yourself. There will be a time when you will start remembering your dreams again. So, just make sure you get enough rest; that's the main thing. Allow the time for the dreams. Because you are not remembering them does not mean you are not having the dreams.

Q55: We recently discussed with you the brain wave patterns that we measure as EEGs, and communication from the mental body. Are the brain waves' electrical patterns a by-product of the chemical and electrical activity of the physical body, or are they the actual communication from the mental body to the physical body?

LBs: What is actually being monitored, or what you are seeing is the actual transmissions, the electrical transmissions.

Q56: The firings in the nerves?

LBs: Correct. But those firings are done because of what is sent to the brain from the mental state; so without the mental body, there would be no activity in the brain.

Q57: And the mode of communication from the mental body is more magnetic, or of a sense of resonance, instead of electrical?

LBs: Correct. It becomes electrical when it enters the brain.

Q: Okay. Thank you.

Q58: Moderator: Is there anything you would like to say in closing, Light Beings?

LBs: No. At this particular time we will say adieu to you, because we realize you are running a late schedule tonight. But we do hope that each of you will spend the next couple of weeks thinking about what transpired here tonight in the way of energy and some of the questions that were asked, and continue in that vein and we can get into much deeper discussion in some areas of it then.

[Group thanks and end of session]

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