

Light Beings: Good afternoon. We welcome you. And the energy is very smooth this afternoon. It must do you well to have a good meal before you join. [Group laughter] We would like to open today with sharing. We would like for any of you who have had any unusual experiences in the past two weeks, concerning interacting with the energies of others or with your own energies affecting others, to share some of those instances, so that we can begin to help you see how these particular energies are beginning to now become more apparent to you, and how you can now extend and become more involved in managing these energies. So, do any of you want to share some of these experiences you might have been having?

[Silence]

LBs: Are there questions then? I am very surprised that you are not coming out with some of your experiences that you have had with energies in one way or another that have affected you, either emotionally, mentally or another way.

Question #1: When I meditate it seems that the energy is coming from everywhere outside me. I thought it came through my crown, and went through my spine, and down, but now it just seems like I'm just open, period!

LBs: The more you work with balancing your energy centers, the more you are going to be able to experience the energy flow from the outside of you, and it is not just necessarily going to come through the crown chakra. The Source energy that you connect with does enter through the crown chakra, but you are opening now to other energies of the planet earth and energies that--What many of you are not recognizing--and the very fact that you cannot tell us about any of your experiences is telling us that you are not really still absorbing what we are sharing with you about the energy fields and how they do affect each other. In your case you are being able now to be open to any living thing within your field, within a close proximity to your field. It is very possible that you will be able to actually talk to your plants and feel their energy field expanding, and feel your energy field expanding, as you are giving these plants love. So you will begin to be able to recognize this and actually bring it in to your attention. So that is what you are experiencing in that particular situation.

Q2: You gave me advice that when I walk I should try to feel the energy of what is around me in nature. I observed recently that if I put myself in the frame of mind where I started to try to feel the "Oneness," so to speak, or if I tried to expand my energy and become one with everything that was around me, I suddenly could feel the energy.

LBs: Yes! And that is a very good example of what we are trying to get you to recognize. Those of you who have small animals at home or have plants, when you get home, try that experiment of going up to that small animal or that plant and find out where that field is. And then tell it how much you care for it. Open your heart chakra to it. And then, once again feel that energy, and feel the expansion, and then feel your own expansion, and you will be amazed at just how opening your heart and being able to express love, instead of contracting, how much that expands your field.

Q3: What about mechanical things? Can you do that with inanimate objects?

LBs: It is not quite the same kind of electromagnetic field, but there is a kind of energy that you can definitely affect by your intent. And many of you probably have found that anything electrical, if you are having an unbalanced time, or if you are having a surge of energy coming through--your having a real spurt, for instance in opening--you may find that you're blowing out light bulbs, you're causing all kinds of electrical blowouts. So, you definitely can affect

mechanical things, but it's a different kind. It will not expand your energy, but you can affect their working conditions. Your electromagnetic field is literally affecting their field.

Q4: When we were eating today--and I didn't know if it was something I ate or just the energy of the group, but I started to feel very strange in my head, almost as if I'm not here, or like I'm outside looking in, or? What was I experiencing?

LBs: We would like to ask before we answer that; how many of you had a similar experience today? Did anyone else experience that, a strange tightening or sense of pressure in the head?

[Many affirmations] "I'm feeling it now." "At the base of the head."

LBs: Yes. There are some real shifts going on right now, some real changes, especially in those of you who are making a conscious effort to open and expand. There are some definite cellular changes in your physical body that are taking place. So, almost symbolically, you could think of it as a rewiring of the way the brain is going to transmit, and you will be feeling this up until about the middle of September; for at least that long.

Q5: I just noticed it out here today. Was it related to us--?

LBs: It is the group energy that is causing you to become so much more aware of it. You will become aware of it at times when you are away from the group, but we would dare say if you took a poll here, most everyone in the group at one time or another since they have entered this abode has been able to experience that today.

Q6: Tell us more about that. I'm real intrigued with what it is that's activating it when we get together.

LBs: What we were trying to explain to you is there are some real shifts going on in the physical bodies of anyone who has incarnated at this time. And one of the reasons you are seeing so many of what the doctors are labeling "immune deficiency diseases" is that these are entities who are not able for one reason or another to handle this change. The stress on the body is more than it can adjust to. So there are--and you are going to see a lot more of a kind of malaise, a kind of not being able to function, that the doctors are going to have great difficulty diagnosing and not be able to do any kind of curing. But if these people would only recognize that it is an energy that is creating the situation for them and unbalancing, so to speak, their energy wiring, that their electromagnetic field is out of kilter, if they would realize this, they would be able to work with energy workers and people who are using light and sound and color and energy healing and be able to get back into the flow of things and be able to balance the body.

There are, as we said, cellular changes you are reading much about at this time: the DNA change; the helix, itself, is actually being configured in a different way. And so, there is definitely going to be, as the consciousness raises, a difference in the kind of balanced structure molecularly. And it is very difficult to explain; it is subtle. A scientist will probably not note it for probably several generations to come, because it will take that long for it to be a big enough shift for it to truly show up. But you are going to see the children of this next generation handling things in a totally different way, because they are wired differently.

Q7: Why is this happening in the group? Why did it intensify today when the group got together? What's activating that?

LBs: When you bring a group of like souls together with pure intent, and the intent is of growing, and opening, and raising the consciousness of each of you, when you bring that kind of energy together, it raises your consciousness so that you are more aware of what is going on. It has been going on all along, but many of you recognized it only as maybe a headache, or you were tired, or that you felt confused, but you didn't really recognize the actual pressure that is taking place.

Q8: It's almost like we resonate with each other?

LBs: Yes, because your energy is already expanded, and so, all of your energies are mixing, so to speak, and so, you're feeling what others are feeling and they're feeling what you're feeling, and it's expanding it, it's magnifying it.

Q: That makes sense. Thank you.

Q9: When you refer to something coming into your field and you're noticing the effect, is there a way to describe, without getting stuck in the anatomy, the size of the field, or the sense of space, and does that have more to do with where your attention is, or literally where your bodies are?

LBs: An entity, their etheric field, and all of the various bodies, are constantly changing, contracting and expanding according to their thought patterns, according to what they are putting out there, according to their intent, according to whether their energy centers are open or not open. And so, that is a constant change. It fluctuates. When you, as a soul that is growing and is truly moving toward the light, open your heart center and then proceed to open all of your energy centers, your expansion could be very, very large, larger than this room. And that's what many are not really recognizing is how much you do affect those who are not even in your close proximity. Someone who has a lot of fear and allows that fear to come in and become a great part of their thought processes contracts their energy field and can become almost unnoticed when they are in a group of people. But if your field expands--and an avatar or a master, sometimes their field can be limitless; it can be felt many, many, many miles away. So, it is very difficult to give you an exact "this is sort of how big your field is," because it varies so much with the variables that it is fed. Do you understand?

Q10: Yes. I have a lot of sharing interactions, all of them not being wonderful. Yesterday at work I was irritated at the way the assistant manager was dealing with some things, and so, it was a good opportunity for me to drop underneath the feelings and remember that it really didn't matter, it was only what I was focused on that was going to lead me out of the sense of difficulty.

LBs: Yes. And you have just said something that is of extreme importance, especially to those of you who want to get into the healing work, or those of you who really want to expand and join with the Source. It is of extreme importance that you recognize as you are feeling these energies, reacting and understanding these different energies that you are not to fix or concern yourself about other energies. It is up to you to manage your energy, not others and their fields, and it is up to you to understand when an energy is not comfortable for you, and be able to work with that energy so that it is not going to change your energy field. And that is one of the most important things that you are going to begin to learn. Because what happens many times when, as you say, "it's not always good," you begin to contract, withdraw from the other energy field; and in so doing, it sets up almost a fear cycle within you sometimes and you contract even further. And we are going to try and work with you and help you understand that if you can recognize when an energy is entering your field that you are not comfortable with you

do not have to contract, but can simply recognize and thank that energy for being there, but “no thank you, I do not want to really participate in your dance.” Do you understand what we are saying?

Q: Yes

LBs: To remember that you can manage your energy. It is not necessary for you to be concerned about another's [energy] if you are busy managing your own, because you will be able to simply step out of the dance if it is getting to be an uncomfortable step pattern for you. Do you understand what we are saying?

Q11: But are we able to help at all?

LBs: It is really not your--unless you are asked for help, it is not your position to decide if that person who has that energy field is requesting help. If they request it, of course: step in and do what you can. But if they do not ask for help, your only responsibility is to manage your energy.

Q12: Aren't there some situations when, even if they ask for it, it might not be necessarily appropriate?

LBs: That is correct, and if you are working towards being a healer, it is very important for you to question the person who asks for help to find out what their intent is. Because if their intent is simply curiosity or challenging you or--there are multiple ways that someone can ask and not really want.

Q13: But what if they just want you to fix them, and they're not real interested in trying to manage their own energy and take responsibility for where they are?

LBs: That is the most difficult kind of situation, because if one does not accept the responsibility for their own energy and where they are in their own life pattern, then you are not going to be able to penetrate with your healing methods, any more than a doctor allopathically can heal one if that person does not want to be healed. So all you can really do is offer, and send the energy with love, understanding that you cannot have any kind of attachment to the outcome.

Q14: Well, I think the dilemma, with at least one person I know, is if they already know that the client coming to them just wants to be 'fixed,' and they're not really, at that moment, planning to change much in their life, it's hard for the person to want to work with them at all. But you never know when somebody might change, or when you might trigger something or?

Q: Particularly if you're modeling--

LBs: Exactly! Because they are going to pick up on that contracted energy that they are feeling. They will pick up on that, because if the healer is feeling that they don't want to work with that person because that person doesn't want to be fixed, then that person that doesn't want to be fixed is going to pick up that contracted energy.

Q15: So it's better not to work with them at all?

LBs: This healer sounds like they are attached to the outcome. And that's very important for a healer to recognize. You cannot be attached.

Q16: Can you possibly affect someone just through your own energy of "modeling"; you have all your centers open, and you're putting out unconditional love without attachment to what they take from you? Aren't they going to pick up something from you there, just from that?

LBs: You do that every day! Any time you are exposing yourself to the Universe, you are either putting the energy out of the nature of a loving spirit or one that is fear-based, and whichever it happens to be, you are affecting all of those who come within any near area. So yes, just by being, you can be a healer.

Q17: How much affect does an electrical substation have on the body of someone living near it?

LBs: Any kind of electrical grid affects your electromagnetic field. And so, all of these electrical towers and, as you call them, substations, or where there is a lot of current coming in, are going to--you're going to need to work a little bit harder at staying in balance.

Q18: How important would it be to move away from that, if you lived near one?

LBs: It would be preferred that you not live close to any of those kinds of situations, but you can, if you do live close to them, use several different energy methods to keep you more balanced, and that will help. But of course, ideally it would be great if no one lived even in homes that had electrical current constantly running through, but that is not practical for your particular environment. You have long passed the time now when you would even be capable of surviving without a lot of your little niceties that you have brought in. But with those niceties that you have brought in, you have changed the way that you . . . you do not rest as well, it is much more difficult to stay balanced, and it is more energy draining. So it is necessary for you to use other methods now to keep yourself more balanced, and those particular situations, of course, affect you even more.

Q: Okay. Thank you.

Q19: Would that be the same as living in close proximity to two hospitals, and a number of doctor's offices?

LBs: Absolutely, because there is so much equipment that has very powerful magnetic and electrical currents.

Q20: What about a small tower that's no longer used, but it's still standing?

LBs: If the current is not running through it, you are not getting as much, of course, but . . . One of the things you must realize is that, just as when a thought leaves your mind, it is always there in the ether, in the memory, so is anything else that is done on the earth plane. So, it's not always so easy to . . . It needs to be cleaned up; it needs to be blessed. It needs to have a concentrated effort to clean up areas that have been abused with too much electricity, too much contamination and toxic waste. And when we say "toxic waste," we're not talking about just nuclear or some of your really heavy duty [toxins], but you are doing so much damage to the earth in so many areas. And if you purchase land or live in a place where this has transpired, then there needs to be work done to cleanse it before you actually try to make a residence there.

Q21: Do you have any recommendations for the cleansing?

LBs: There are many methods of cleansing and there are many people who do this sort of thing. And it can be done with sound, it can be done with some rituals, it can be done with various methods. And so, if you are interested, you might want to do some research and find out what you resonate to the most. Because since you're going to be living there, you need to feel comfortable with the way of the clearing.

Q: Thank you.

Q22: Our first meeting was right after September 11, and you told us about sending light. I feel like there are a lot of times I want to help in some ways, whether they know I'm helping or not. There was something in the paper today that affected me, about a gang rape in Pakistan. Would sending light be helpful?

LBs: When you send light, if one does not want to receive it, they will not. But you are giving them the opportunity to receive that, and it is a totally benign way to offer your love to someone, to offer your connection to someone, to help them see. So, that is an excellent way. And even sending color can be of an advantage. The thing you must be careful of is being sure you are doing it with pure intent, that within you, you are clearing and sending that light with the understanding that you are sending the light to be accepted or not accepted. Do you understand?

Q: Yes.

Q23: Not to send it with an intention that a particular outcome that you want should happen?

LBs: Exactly.

Q24: Because that experience, even though it may be harsh or destructive, is in its perfection?

LBs: Exactly. And it is very difficult for many healers to grasp that what they have to offer may be offered as long as it is offered from the heart, with pure intent, but it may not be accepted. And that is perfectly okay because that entity has not at this time made the decision for whatever reason to be healed in the body or the mind, or the spirit. And if that is their decision, then it is none of your business.

Q: Thank you.

Q25: You spoke of opening the heart and you become more sensitive to the energies around you. I have a real problem with attaching when I open my heart chakra, and a real difficulty detaching without closing it again, and so, I'm wondering if you can speak a little bit about the problem of attachment.

LBs: Attachment is always tied to fear; and you may not recognize, of course, the particular fear that may be creating that. But when you love, and you truly love in the sense that we speak of love, there can be no attachment. And there can be no wish for a particular thing to happen, or a way for that person to be, and there are no particular rules that you set. And unfortunately, in this particular time on the planet, your idea of romantic love is all tied in with the greater Love, and it gets very confusing. And you attach then to an entity that you think you want in your life, and what you are really doing is putting all kinds of--hooks is the best symbology we can give

you--hooks into the relationship. So, if that person then no longer behaves in the way that you want them to--they're not there often enough, or they aren't there at all--you feel that hook being pulled and it's very painful. And that's because you have attached. You haven't given love to that person; you've put all kinds of expectations into the relationship, but there was no love there. Do you understand what we are saying?

Q26: What is that need of attachment, that fear?

LBs: That need comes--and there it will vary with each individual, but you need to go back into your space of meditation or contemplation and open to when the first time was that you experienced a relationship, and it became painful because of the outcome, and a fear developed. And we would recommend that you open to the memories that can come in. It is not necessary for you to even know the exact situation, but in your case, we can tell you that you were not more than two. And so, you developed a fear, and that fear is connected with your attachment.

Q27: I can feel it in the 3rd chakra, but I can't get to what it's about.

LBs: Get into your quiet space. And we recommend this to you very frequently--we aren't sure how often you do it--but write. Write whatever comes into your mind. Do not try to edit as you go--being the scribe that you are--but just let the words flow until you feel that you have reached a saturation point. And you are going to find there are several incidences in your first six years of life that compounded this initial fear. And so, you have brought that pattern up through your lifetime and are still experiencing it in relationship. So do not get that confused with love. It has nothing to do with love.

Q28: No, I understand that. But it does seem to have something to do with my opening my heart chakra--

LBs: Yes, because the fear sets in; and you close the heart chakra any time fear comes in. Yes. Fear will close every center in your body. ["Yes, thank you."]

Q29: You were talking about small animals and plants. I've also had a fascination with children, and in my job now, I'm getting to work with families with young children. There is something magical I find about children, and I sense their energies stronger than probably my dog at home. Does that seem to make sense as to what you were talking about, picking up energy fields?

LBs: Absolutely, unless a child has been highly traumatized, that child's centers are wide open; especially when they are in play, or when they trust. And so, you feel their energy fields are much, much wider than most adults. So absolutely, you're feeling that.

Q30: My apartment has solid brick walls between the living quarters. In the last week or two I've noticed the people next to me have a really negative attitude, and I started picking up on that, and when they would leave, the attitude would leave. So this is what you're talking about, right?

LBs: Brick walls do not stop the energy. The energy comes through doors, windows, walls. Nothing stops it. So yes, you can pick up an energy that is completely out of your scene. You will find you will be picking it up more and more. And that's why it is very, very important that you begin to manage your own energy, because you do not want to put yourself in the position where others are able to bounce you around.

Q31: Is that place, in the physical body, in the third chakra? Because that part of my anatomy has almost felt like being on fire.

LBs: Well, of course your third chakra is your power point, and so, when you begin to take your power back--because most of you have given your power up at one time or another in this incarnation--but when you begin to take that power back, then you will experience a much more active third chakra; so yes. And many of your religions that use the chakra centers or talk about the chakra centers will talk about the "fire in the belly." So that's what they're speaking of when that kundalini begins to truly move and you're beginning to really make contact. They talk about that "fire in the belly."

Q32: Is that the action of integration?

LBs: It's more the action of opening. You haven't integrated yet, because once you do integrate, then you feel very balanced and you are not more aware of one chakra over another one. But as each chakra begins to open, you become more aware of that chakra, and many times even an illness will develop that relates to that chakra, or you will just be more aware than you are normally of that particular chakra, until it is opened and becomes balanced and you begin to become more focused on another.

[BREAK]

LBs: Welcome back. And I'd like, before you begin your questions, for you to observe; you have had a couple of people leave. Do you feel a difference in the energy pattern? [Group confirmation] So, you see? Once you have made this group energy a part of each of you, and one or two are no longer in the immediate vicinity, you do feel the difference. But now, think of these two who have left and expand your energy to them. Do you feel the energy gaps closing?

[Many participants, "Yes"]

LBs: So, you see how this is possible now for you to expand your energies and to affect others even at a distance, and how they can affect you by simply intent? So, it is very important that you recognize how you can manage this. When a loved one walks out of your immediate vicinity, if you will simply expand your energy with them, then you can remain a part of them, even though they are not within your actual physical realm.

LBs: If you are truly connected to another entity physically, so that you have made that physical bond, then it is very easy for that to transpire if both your hearts are open, for both of you to sense the other during the period of the day when you are not together in a physical way. But you can do the same thing with those who are not in your physical vicinity, or do not live with or are not in an intimate relationship. You can still do that same kind of exchange if you are willing to remain open.

Q33: My massage therapist [and friend] was working on me and there was an energy that started through my whole body. I felt this very uncomfortable need to jerk and shake my arms and legs, to shake it off of me. What was going on with that?

LBs: You have done a lot of clearing over the past year or two, and you are continually bringing up residues of past memories. And as you know, each cell maintains any memory of anything that has happened to you in this incarnation, and then your etheric bodies have

memories of things in past lives. And as you begin giving up the attachment to these memories and releasing, many times you may feel what you were saying, that you need to “shake it off.” And what you were literally feeling [was a] moving the energy, was you were feeling the release of some of this past residue. It’s like flushing out.

Q34: And that’s all it was?

LBs: Yes. When you say, “That’s all it was,” that can be very significant when you feel it at a physical level, because that is the last place for it to go. You are simply releasing. And we would dare say that there are those who know you that would sense something different about you now, because you have given up something, something of the past. Part of what you gave up was that attachment you had to not trusting.

Q: That is big.

LBs: Yes, Scott’s energy working with you helped you release that, because he had created the environment that would make it easier for you to give up that attachment to not trusting.

Q35: I had a dream that was indicative to me of releasing a major, major block, or at least dislodging it from the subconscious. And probably as a direct result of this, I noticed that my energy seemed to be more open. In meeting a stranger I was not putting up the walls or the blocks that I sometimes do, but I noticed a very good exchange of energy, a very positive thing.

LBs: Yes. And that particular block went back to your very, very early time in this incarnation between one and six months. Because you learned extremely early the way that you could survive was with these blocks, as you call them, of protection, and you have now peeled away enough of your past residue that you are getting to some really core issues that have been there since almost your inception.

Q36: Yeah. Okay. Is that the kind of thing you were talking about?

LBs: Absolutely, that is what we are talking about. You are realizing now that you are beginning to manage your energy in a different way. All blocks are based on fear, and any time you have a fear-based experience that you are holding on to, there is an energy drain. So, most entities that are present on this planet are functioning at maybe fifteen to twenty percent of their capability.

Q37: What kind of capability are you referring to?

LBs: Of their being able to use all of their facilities. The way they think, their emotional nature, their mental nature, even their spiritual abilities are all limited by these fears that they have attached to from the past. And it is energy-draining. So they are only using a very small part of the energies that could be available if they could unhook from these attachments to their

past experiences, and they are still bringing them forward and are using them on a day-to-day basis, with their interactions of today. Do you understand what we are saying?

Q: Yes.

LBs: And you see, you are beginning to now remove some of these very core attachments that came from one fear issue or another, and you are going to feel your energy continue to increase, because any time you have a hook that is holding you back, it is energy-draining.

Q38: I feel a greater sense of direction, purpose, more internal integrity, more flowing.

LBs: Yes. And you will feel more and more of that as you get to more of those core issues.

Q39: What is the basic mechanism to dissolve the block?

LBs: Once you can recognize . . . First you must take the responsibility for your emotional reaction.

Q40: Without the judgment?

LBs: Without judgment; especially without judgment. But observe: "Oh! I reacted to that dog in this way. I had this fear and I didn't want to be..."(and I'm using just an animal because that's a simple outside thing you can see.) Most of your fears are not seen, but you are reacting to that emotionally, and you immediately want to get away from that dog. You don't want it to touch you. You don't, even though it's a friendly dog. Your fears are all coming up. You can look at those fears non-judgmentally as you say, "Oh! I'm having a really bad reaction to this dog," and then go within. You may not be able to do it at that moment in time, and you would be wise to carry a notebook with you, and when you find those kinds of emotional outbursts coming to you, jot down what you are feeling. And then when you can get to a place to review that and listen inside--and writing is a very good way for that flowing, for the answer--you may find that at three months old, your pet dog came up and licked you in the face, and you weren't expecting it, and it was very frightening to you, and for the rest of your life you hooked into that particular incident and carried it forward. And you have thousands of those kinds of hooks. You have not been accepting your responsibility for your reaction and then trying to unhook. And when we say "you," we are speaking of everyone on the planet. Because that is what happens: you create a pattern. And you don't remember that incident. All you remember is you don't like dogs. And you think it is just your nature.

And taking that little [inner] child, and loving that little child, and letting it be safe and know that it was okay that that dog licked its face, and it doesn't have to be frightened, and you aren't judging the little child. Because many times we can't unhook because we keep that child that experienced this separate from you. So you have to take that piece of you back.

Q41: And that's the responsibility also?

LBs: Exactly, exactly, because that was a normal response for that little child. It's where its perception was at the time. But it's not your perception as an adult, and you don't have to respond the way that little two- or three-month-old baby responded. And that again is your responsibility, to accept that little child and the way it responded, accept that part of you, but you don't have to react the way that little two- or three-month-old child reacted any longer.

Q42: Question about pain in lower back and kidney.

LBs: You're releasing, but you're also struggling with some other factors right now that have to do with the financial and other securities. And so . . . and we're not saying that you have financial difficulties; that's not what we're saying. We're saying that it has that kind of security-based concern. And so, you're releasing some things, but you have, in present day, some conflicts you're dealing with also. And that's lower back. Many times there are multi-layers of reasons why something comes into your life, whether it be emotional, or a physical situation. It will be a multiple reason; it will not have one little, simple explanation.

Q43: The fact that it's on the right versus the left, or only on one side, is that significant as well?

LBs: Absolutely! That means that, of course, that relationship had to do with a male.

Q44: What is the major lesson I need to learn in the work environment I'm in at this time?

LBs: Well, as much as most are trying to learn right now, it is taking responsibility for your own energy and not wanting the situation around you to conform to what you think it should be, because that's not going to be a possibility. You have no real control there; you do not own the company. And so, it would be very difficult for you to step in and make changes, even though you may be very accurate in analyzing what needs to be done. And so, the only choice you have is to learn to manage your own energy in such a way that you act as a radiant being to others, and with doing that, you possibly could do more effective good to make some changes than you could even verbally or working in a physical way. Do you understand what we are saying?

Q: Yes, I can understand what you are saying.

LBs: It takes a lot of discipline of how the mind works when you are trying to learn to manage energy, because it is very simple for the mind to allow thought patterns out that create static and keep you from being able to manage your energy. So it is very important that you become more disciplined in the way that your thought processes work. And when we say "you," we want you to understand we are not picking a particular individual, but we are saying in general, this is what one needs to learn is that their thought processes have a great deal to do with how well they can manage their energy, because first you must be aware that these thoughts you may be letting float through your head are creating or contracting your energy field. So that's very necessary, that you become aware that your thought patterns are as important as any part of that management.

Q45: Will my immediate supervisor's overall feel in relationship with me change as I apply the principals you have just talked about?

LBs: Absolutely! You will be amazed because they will hear that quicker than any other way you can communicate. And this is what you all are going to begin to understand, is first you communicate with your energy field, and then you communicate verbally.

Q46: I had an incident happen with my ex-employer, which resulted in two hearings, and the first hearing I was very fearful. I had always felt very intimidated and fearful of my former supervisor, who was there in court for the second hearing. Just prior to the hearing, I was sitting out front, and I realized that her gift to me was gaining control of my own power, my energy. I went into the hearing very confident, and this lady who had always been so powerful, and also reminds me of my mother, started to flounder and whine and get very nervous. I was confident and straight, and it all turned out right. [Laughter]

LBs: And how did it first start? You managed your thoughts and then you were able to manage your energy. That is actually a great example of what we were just saying. And then your energy field changed, and when that interacted with the other lady, she was faced with some truth. Some light. And so, she ended up having to respond to that. And if one is not being of pure intent, and they have light shown on them, then there has to be an adjustment.

Q47: She actually left very angry; she stormed out of the office. And the referee said, at the end, that he was actually leaning in my direction. Of course, no judgment has finally been made, but I feel certain what it will be.

LBs: And that has to do with your being first able to change your thought pattern.

Q: Right. And I am so grateful for the guidance that I had there.

Q48: The thought pattern from fear to gratitude?

LBs: From fear to gratitude, and to taking your power, recognizing you have the power. No one else has your power. No one else can take your power. Even if they take your body and put you in a prison, they cannot take your power.

Q49: Someone dropped a car roof on my head about two years ago, and it didn't physically cause any damage, but energy-wise it affected me. When storm fronts come in, my head gets so sensitive to the front. Is there anything I can do, or why I am so sensitive to these storm fronts that come in and just kick my butt.

LBs: Yes. There was damage done to your electromagnetic field with that impact, and you probably need to look into some balancing techniques that will help you rebuild that field back, close that gap, so to speak. Because not only are you affected by storms, but we would guess you have more difficulty now when someone enters your field that is very, very angry--

Q: Oh yes.

LBs: --because they also put out a very strong magnetic field, and it can, for those who have had your kind of situation, create some discomfort. So, if you could take a picture of one who enters your field who is angry you would be able to see that it actually is a very dark--we use the color red--that enters your field, and it creates that uncomfortable feeling. So, you will need to look perhaps at some balancing techniques to clear that for you, and maybe talk to some energy workers that are capable.

Q50: When these storms come in, it interferes, you're saying, electrically?

LBs: Yes, you have a . . . we won't say . . . because sometimes words are very difficult. As we have said before, it is sometimes easier to draw, but you have a little, like indentation, in your field, and that needs to be cleansed and straightened. ["Thank you"]

Q51: Does the dodecahedron copper-shaped frame sitting out on the property here add to, in a beneficial way, the land?

LBs: Yes! It absolutely does! It would be an advantage to be able to build several types of structures and allow them to sit around on the land, and then, once they are taken away, you would be able to feel the difference. You would be able to. We won't say that everyone would be able to yet be that sensitive, but you would be able to, Charles would be able to. There are several of you who have that kind of ability to pick up those energies.

Q52: How long would the energy resonate there? Is it being held in by the crystalline structure on the land here?

LBs: Yes, and it would depend on how long it was left on the land and what kind of blessing or intent was put there when it was originally constructed; and it would depend on how clear the land already was. If the land was a fairly virgin land, much as this land is here, which had experienced nothing but love for a lot of years, then it's going to hold the energy for a long time.

Q53: And for that kind of device to sit inside on the carpet here?

LBs: No, it's not, because you have a lot of interference with synthetics. Synthetics do not absorb energy in the same way that natural materials do.

Q54: I was at the computer typing to my sister and I felt for the first time intensely, the presence of energies all around me, which I thought were my guides. It seemed like I was even feeling it at times in my heart chakra. I was wondering if I was imagining it.

LBs: No, you are not imagining; you are opening. You are simply opening, more to our . . . to information and, as you say, your guides, your energies around you. And it's not actually your apartment that is building the energies, it is simply that you are opening more there, because you do not have distraction, and you do not have other fields coming in. So it is a clearer passageway, so to speak. So that's why it feels more in your apartment. But if you really open to it consciously, you will find that it's with you almost all the time now.

Q55: Is there something I should start doing with this?

LBs: Just be. Just be. That's what you're needing to learn is to get out of that head and just be.

Q56: Thank you. I want to ask about channelings we've been receiving from an entity who calls himself "Tobias," and his last channelings about the "Void of Ascension" where one goes into that as a way of solving problems, of connecting. How does that differ from the process that many creative people use of learning all about a problem you are having and then, literally or figuratively, going fishing--just forgetting about it and letting the deeper part of you work on the issue, and then having that creative insight just come. What is the difference between that, and going into the "Void of Ascension"?

LBs: The main difference would be, as an analogy, you are washing dishes or sitting on the commode and having an insight or sitting down and preparing yourself to go into a channel. There is no real difference except that you are consciously setting the stage to go into the channel. And if you are just washing dishes and the insight comes, you haven't set the stage. With the Void of Ascension, you have techniques and you are setting the stage. With going fishing, you are just making room for information to come through. So there . . . each of you will eventually learn, in one way or another, how to become that "Void," because that is necessary before you truly can receive. So, it's not really that different. It's more terminology than anything else, and more whether you're setting the stage or whether you happen to just allow that space. No ritual. Not that kind of thing. But you are preparing to go into the void. You're preparing.

Q57: Just intent?

LBs: Yes. If you're out fishing, you're not really preparing; you're just allowing. You're not saying, "I'm going to go out here and sit on a boat now, and I'm definitely going to get what I

need to come in." You're just saying, "I've given up right now, and I'm going to quit this working through the problem, and I'm going fishing!"

Q58: That's not what I used to do. I used to learn everything I could about the problem and then say, "Okay; now I'm going to let my unconscious just chew on this, and not think about it anymore and let the problem solve itself." And at some point, an hour or a day or a week later, the answer would come.

LBs: Correct. But you didn't really . . . you did and didn't set the stage there. You were consciously aware of what you were doing, but you didn't truly say, "Okay, I'm really setting the stage for this information now," with pure intent. Do you see that difference?

Q59: Just be much more focused in my intention?

LBs: Correct. Be aware that you are allowing the void to be present.

Q60: Right. And then you just go about your daily life then, but with that intention.

LBs: Yes. But you're giving it concentrated, conscious thought.

Q61: Conscious thought to open?

LBs: To open.

Q62: But the information is coming from the same source, is it not?

LBs: Yes. Yes. And it's not going to come through you, to you, if you're not going to allow it. So, even in this case of going fishing, as you used, you're allowing that void to transpire, but you're not consciously setting the stage for it. Can you not see that difference?

Q63: Not as clearly as I would like to, but maybe by experimenting with it, I will come to understand it.

LBs: By experimenting, you're setting the stage. But if you just happen to be washing the dishes and an intuition comes through, you haven't really set the stage, but somehow, you did have a momentary emptiness to allow it to come through.

Q64: Joyce and I are contemplating getting a fixed magnet to magnetize our water. Is this a good idea for Joyce's health, because I have a sense that she is very sensitive to electromagnetic fields? Is this a good idea?

LBs: It certainly will not do any damage. It will not be . . . it can be of help. There are other areas in the magnet field, in the magnet study, that you may also find to be of help to her, but she is sensitive, very sensitive, as anyone who opens consciously. And so, she will need to be sure that she understands what she is working with when she gets involved with any kind of magnets, whether it be of using the water, or whether it be using any kind of devices. But they can be of benefit. Many times magnets are sold to do a particular function, but it's more marketing than it is truth, and yet there are tremendous powers in the magnetic therapy and you just need to be sure that, when you get involved in it in any way, you understand what you are using and why. That's all we're saying. But yes, the water could be of help.

Q65: Bi-polarized or positive, south-polarized?

LBs: At this point in time, the south polarized would probably work for her.

Q66: On a regular basis or just occasionally?

LBs: Perhaps only . . . she is consuming a tremendous amount of water each day now, which is very positive for her; perhaps only eight ounces of the entire intake of the day.

Q67: Oh. Is it beneficial for me, or should I stay away from it?

LBs: You might want to read more about the bi-polar for you.

Q: Okay. Thank you.

Q68: Is there a Gauss-range of measurement in this magnetic effect that would be good for Joyce?

LBs: She is, at present, fluctuating tremendously. We would not even want to . . . That is why we are saying you need to be very aware of what you are exposing her to at this time, because the fluctuation of her own body is very broad right now due to some internal changes that are being made. That is why we are saying to go very slow.

Q69: So test it out and trust the experience?

LBs: Yes. And you may find that one day it is comfortable and the next it is not. And if she feels that, then she should not take it.

Q70: Would that be the same thing for like, Prill[sp?] water, which I'm doing more?

LBs: Yes. Again, be very sensitive to how you're feeling. That's very important. What you must realize is all these various things that are out there that can be helpful can also not be helpful. And each of you, you're not static; you're constantly changing. And your intake of what you take into your body, both food and emotionally--emotion can be as much of an allergen as a food you are allergic to, and that can also affect and fluctuate how something will work with you.

Q71: Question about the difference between an allergen and irritant.

LBs: An allergen in the body is something that the body reacts to rather violently, and it usually is something of a long duration--sometimes a lifetime, sometimes just a period of a life. But an irritant is something that happens due to some past inflammation or some other cause, and as it heals, it goes away. And she has had a greatly irritated colon, and so it is being affected by the peppers. But their particular . . . not acid, because it's not an acid, but their molecular breakdown is an irritant to her at this time. But as we say, that will go away as she continues her healing process.

Q72: Moderator: We're approaching the end of the tape. Light Beings, is there anything you would like to say in closing, to all of us, or any of us?

LBs: We feel that all of you are making more progress in the way you are being aware of your energy, and we hope within the next two weeks, you will begin to recognize, even if it's for moments at a time, your capability of managing your energy, of taking responsibility for your

mental and your emotional fields, and with those, your thought processes, learning to manage your energy in such a way that you are actually aware of when you are expanding and when you are contracting. And we hope you will come back and share with the group, because through this sharing, it helps each of you to understand more of what is happening within your field. So continue to experiment. Enjoy your next two weeks. There are going to be some times that are going to be rather intense, and you are going to find, if you truly make the effort, that you will be able to open to insight and issues that have remained hidden up until now. So it's a great opportunity these next three months for clearing a lot of these hooks that have been draining you.

Group: Thank you, Light Beings.

LBs: Thank you and good night.

[End of session]

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