

Light Beings: Good evening. We welcome you back, and we feel the energy tonight is a little more scattered than usual, but also there are some stresses that seem to be affecting most of you, and have been for the last week or so since we last met. And as you are aware, there are a lot of changes that are going on, a lot of new energies that are coming in, and it is now time for you to take some really hard looks at any issues that are keeping you from opening to those new energies, and allowing a new way of being. So with that thought in mind, we will open now for any questions.

Question #1: I've been both facilitating clients' releasing emotion and dealing with my own. It seems that a lot of what has been coming up is core, pre-verbal, without context--very deep, profound emotions. Do you have suggestions about how facilitate releasing that?

LBs: First you must understand that that is not a possibility, to reach those deep "core" sensitivities, issues that are there, until you have been able to peel away many, many layers. And so you are, and many of those you are associated with, working with, at the point where, yes, you are now getting to the heart of the things that cannot be accessed through the intellectual. So, you must find other ways of dealing with these issues. And that is part of what we have been wanting to work with you on, because your body is a vibrational energy that responds to vibration, and so, energy medicine of any kind, energy work of any kind that has pure intent from the person that is working with it, will be able to reach those core issues in a much less traumatic way, and a much more permanent addressing the issue than you would be able to in long, long, drawn-out periods of intellectualizing through either therapy or even your deep bodywork, although deep bodywork does help bring you to a certain point. So, it is that vibration, those subtle energies that can help reach those core issues a little bit easier than any other method.

Q2: So you're saying "energy work"?

LBs: Energy work, using your flower essences, using your, in your case your essential oils, using some of the methods that are being used in sound work.

Q3: The tuning forks?

LBs: Yes, the tuning forks, the chanting, the toning, certain music, certain ways of using the voice, are excellent ways of getting to the core issues. Also, the color is very subtle, and a little bit slower, but will gradually, with enough work by both visualizing color, working with color, and working with light and color, you can help peel off some of those layers so you can get to the deeper issues. Working with some of your geometric forms will help with that, because again that is your subtle energy. Even your acupressure, massage, any of the things that are getting you in touch with all of the fields, as opposed to getting in touch just with the mental body.

You are going to reach a point eventually when you are going to realize that it does not matter what caused the issue to develop, because your perception, whether it was pre-verbal or as a very young child, is not accurate anyway. You perceived as a child, so it is impossible for you to be able to understand the full complexities of what you are experiencing. Do you understand?

Q: Yes.

LBs: And so, what difference does it make what the situation was? What is important is that you get to the bottom of what is stopping you. Is it a fear of being abandoned? Is it a fear of losing your physical body? Is it a fear that you are not going to be loved? Is it a fear that you're

going to be hungry? What is this basic fear? And all of the issues are based on a fear. So, what is the fear? And what caused that fear is really of very little importance, and you will recognize that eventually, and it will help you to open to an unconditional love even for those who created the fear for you.

Q4: Well, related to that, can you explain why it is so effective? I've gone to a therapist who does tapping, rapid eye movement, and she claims that some of those deep emotions are held in the limbic brain. If you do this tapping thing, they move out of the limbic brain and can be released. How does that work?

LBs: We probably cannot explain it to you scientifically, but let us say that basically what happens there, with the movement--and first you must be at a point where you are willing to be vulnerable, because if you put yourself in that position and you do not go with the intent of being open and vulnerable, it will not work for you, because it will not pull from the limbic brain area into the area that it can then be intellectualized. And even then, it is difficult to intellectualize it to a point where you can say this is truly what happened--step one, step two, step three--because it is more of a . . . When you are very, very young, whether it be embryonic or whether it be after you are born, but before you learn what language is about, if there is an issue that your personality has become a part of, and accepted during that period, it is very difficult then for you to access from the brain--the thinking mechanism--what is at the core of that issue. But it's not just the limbic brain it accesses--and again, it is very difficult to explain this scientifically--but every cell has a memory of this experience. And there is a connection with that movement and the eye, that sets up almost a disconnect of the inner brain that uses the thinking process. It's almost like it unplugs it. And you get into the part of the brain that first forms, and the part that absorbs from the mother and externals, even when it's in embryo. Do you understand?

But it is not a thinking process as you think of it in the mental body; it is in the layers, more even in the astral and even in the areas outside of the astral. It's more of those bodies that you are tapping into. So, it is very difficult to explain that scientifically, but the easiest analogy would be that you are unplugged from one part of the brain so another part of the body and brain can feed the information in.

Q5: So you're unplugging that thinking, analyzing part of the brain, to get it out of the way.

LBs: Yes, so that you've got another program that can be plugged in. And that program is one that you wouldn't be able to understand through a language. It is understood more through feeling. And this is something that many of you are going to be experiencing in the next six months to a year, is accessing things that are more of a feeling . . . and not necessarily emotional but a feeling nature. Do you understand the difference?

Q6: Is it "sensing" that you're talking about?

LBs: It is a . . . Let us see if we can think of a way that you can understand that difference, because there is . . . Emotion comes from the thinking mind, and it comes from the way you have perceived and programmed. But feeling comes from the soul and the experience that is not related to language.

Q7: And it feels like it is in every cell--

LBs: Yes! It is in every cell! That is why bodywork is so effective to start opening one up, whether it be massage or your Rolfing, or your Feldenkrais, or any of the other bodyworks and

movements that are used. That helps open because it accesses something other than the emotional nature. It is the feeling part of you.

Q8: Is the feeling part automatically made available when the thinking and analytical function is unplugged? Or do you have to do anything in order to engage it?

LBs: Your intent has something to do with it, but yes. Well, that is a complicated question, because most of the time the answer to that is "Yes," but there are times when one is making a transition from this life to another, where the illness may carry them to the point where they are unplugged from the thinking, but they are also unplugged from the feeling. So, it's not a one-hundred percent "Yes."

Q9: But you do need to be unplugged from the thinking to access this kind of feeling?

LBs: Yes.

Q10: And are the modes of sensory approach to, "bring that up," or highlight it, with smell, or taste, or sound, something of a basic sensory stimulation that matches an original impression?

LBs: That is a two-fold also, because some sensory can carry one back into a pattern. For instance, you were a child and your grandfather brought you a cold watermelon. And you cut it with the family, and there was a warm feeling and a wonderful cold watermelon. And even at sixty years old, when someone gives you a slice of cold watermelon, for an instant you are back into that pattern, into that thinking "what a pleasant thing this is." You see? So that's not unplugging. That's thinking, because you programmed into your thinking mechanism, "This is a pleasant experience."

Q11: Okay. Because you perceived it from the personality you were functioning with at the time?

LBs: Right. Now your little brother happened to not like watermelon, and he ate the watermelon and it made him sick. Same thing, and yet, every time you give him a slice of watermelon, cold watermelon, he gets an immediate sense that "This is an unpleasant situation." That is a thinking that has been programmed.

Q12: And it's the same function but a difference experience.

LBs: Exactly, exactly, but let us see an easier way to explain the difference. If you take that same scenario, and you are simply in this situation with your grandfather, and you have the cold watermelon, and for some reason, you detach from the scene and you allow the feeling of well-being to permeate you at a soul level, then that is a different experience because there is no thinking programmed in. So, maybe the color red does that for you. Maybe it's that subtle energy of the vibration of red that may be penetrating you at that level, or it may be the healing color of green, or it may just be the atmosphere around you that you are absorbing. But there is no thinking that goes along with that. Do you see the difference?

Q13: Yes. It is the difference basically of who you know yourself to be: whether you are functioning with the perception filters of the personality, or whether you are simply present more innocently from being a soul.

LBs: Is it just knowing?--when you just know, you are not plugged into your thinking mechanism.

Q14: That's when it happens to me, in my dreams. My thinking mechanism is not plugged in.

LBs: Yes, but that's a little bit different also, because even though your thinking mechanisms are not plugged in the same way that you are when you are awake, you pick symbols that you can understand through thinking mechanisms. But there are times when you have dreams and you receive messages that are of a "knowing" nature, and it does not require interpretation. And some of you, I am sure, have had that experience. But that deep just knowing . . . And one of the best ways to explain that is to think about in your life, when you either experienced the loving of someone else, or you were loving someone else, with absolutely no attachment of any kind but just a spontaneous opening of the heart, and you knew at a level that had nothing to do with thinking that that person loved you, or you loved them. That is a "knowing". That is not a "thinking." When you get into trouble in your relationship is when you start thinking do they love you, or do you love them. Do you see that difference?

Q: Yes.

Q15: Would you pick up or know something that took place in another lifetime that you would not be able to recognize in this lifetime?

LBs: Yes, many times you choose a life and you come into a life to learn certain lessons so that you can become closer to the Source, more at one with the Source. And when you get that lesson down correctly, get it down to where you really understand it at a soul level, then that is the "knowing." And yes, you can bring that from a previous lifetime.

In understanding the word "knowing," experiment with yourself in the next two weeks, and see how often that you know something and you refuse to listen, or how often you know something and you follow up on it. And it can be as simple as you lost something and you just know where to look. But if you get frantic, and you start thinking about where you put it, it might take you a half day to find it. But if you relax and know, you can find it almost instantly. And there are many, many instances in your life when you refuse to listen to the "knowing," you ignore the "knowing." And that's part of what makes your life a struggle. So notice more. And each of you is very capable of tapping into that knowing. Do you understand what we're saying? [Group affirmation]

Q16: What's the easiest or most effective way to tap into the knowing?

LBs: The more that you work with the subtle energies--and you can pick what you are most comfortable to work with, whether it is sound, whether it is color, whether it is working with other energies, your flower essences, your . . . any of the senses, the subtle energies--the more you learn to work with those, the more you will be able to shift automatically into the knowing, because you become more aware of the body that exists outside of the physical density that you are thinking through, and you are accessing information from the other sources that are available to you at all times.

Q17: So does that help you access that feeling?

LBs: Yes. By working with the subtle energies, it gets you more in touch with the field. And as you become more in touch with the vibrational energies of your own being, it is easier then for you to know how to access. And you can eventually get to the point where it is . . . you become static almost, or still, where you cease having the little mice running around. It's almost

like being in permanent meditation or being able to access meditation without actually having to go through the ritual of meditation. Do you understand?

Q: Yes.

LBs: Each of you must find your own methods for the centering. But then you will be able eventually--and that is what we want to work with you on and teach you about--you will eventually be able, in the middle of any kind of chaos, to access that knowing, because that knowing is connected directly to the Source.

Q18: I've had a lot of trouble being able to step out of the chaos and a busy-ness of the thinking and the emotions, and noticing the energies.

LBs: We want to speak to you in an individual way, but it is going to be true for many who are here and not here right now. You are getting to some very deep feelings and issues that have been, have kept you in a box, so to speak. You are beginning to play with the idea--you have not made the decision, but you are playing with the idea of opening those boxes. And usually, when you have the intent of moving forward in your growth and being willing to be vulnerable enough to take that next step, chaos ensues, because it is much as the bigger picture: first there is the chaos before there is the rebuilding. So, as difficult as it is when you have days like today, you may say a prayer of gratitude for being given the opportunity to experience this chaos so that you may begin to rebuild. Do you understand?

LBs: So, rather than fighting it and wondering why you are experiencing it, try to get into the middle of it and feel it. Let it bubble to the surface so that you may take a look, intellectually first, at what you are sensing, seeing, feeling, experiencing. And then try to use some method, whatever works for you--whether it be sound or whatever; whatever works for you--to put yourself into the silence; and do not try to stay there for any length of time, but then release it and go about what you are doing, allowing once again for the chaos to surround you, and again let it bubble up. It is not pleasant, and we will not tell you it is going to be pleasant to sit through this bubbling of residue that comes up. But we can tell you that if you are willing to stay with it and not run from it by diversion, by staying busy, or even allowing your emotions to explode--and that also is a diversion--but allow yourself to stay with the feeling, then you will be able to eventually work through this chaos and begin to rebuild on a much firmer foundation. Does that help you with what you are working with right now?

Q19: Yes. I feel very, very distracted by all of that chaos and residue, and caught up in it.

LBs: Yes, but you see what you have done--and this is a personal "you" we are speaking to--what you have done many times is, before you really allowed yourself to experience the chaos, you have centered. And in doing so, you have prevented yourself from getting to these core things. Do you understand?

Q20: Okay, pre-emptive centering.

LBs: Yes. Yes.

Q21: Does that mean if you center, you don't allow it to come up? And should you allow it?

LBs: Correct! That's why we say feel, experience, get into the chaos. Get into it--

Q22: But not lost in it.

LBs: --and not lost in it. Then take the opportunity then to use some of your tools and center, but we say for not long, just enough to get your bearings. And then go back into that chaos. Now each time, it's going to be much as the spiral: you will work your way a little bit farther up, so that the chaos will be a little clearer. Do you see? [Affirmations]

Q23: I've described it as building the bridge between the mind and the heart.

LBs: Yes, that's . . . between the emotion and the knowing, between the physical and the spiritual. You're building. That's exactly what you're doing. It's learning to be able to speak both languages, and there will not be conflict. You see, when you have the chaos you have patterned yourself, because of your personality you have brought with you, because of your environment you have experienced in early childhood you have formed certain patterns. And when you reach a certain point of being ready to move forward in your spiritual growth, those patterns must be changed. They protected and worked well for you early on, but now you've made the choice to move on. And so, there will always be chaos when you make those decisions, and sometimes you make them at such a soul level that you aren't intellectually even aware of making those decisions. And that's why it's so important that you recognize what is happening and allow the chaos to exist, without feeling you are going to be drowning in it, and stay with that chaos.

Q24: You commented earlier about being distracted at times like that. Well, that's been happening with me. I've been drawn to watch "horror" movies [laughter], which I never, ever do. And it's just like compelling me to sit and experience this perfect horror. [Group laughter]

LBs: You are creating an external chaos because you're not quite ready to deal yet with your own chaos of this conflict of dark and light. We have spoken to you about that before, and so, that is an extension of that. And many times, one will pick an outside force first to experience it, because it's safer, before they are ready to bring it into a closer range and experience it. So that is what you are working with right now. And that is a perfectly safe way for you to work. Many people will work the same way in their dreams. Rather than bring the chaos into a . . . bring dense bodies in and have the chaos surrounding them, they will work through it in their dreams.

Q25: I felt like it was happening to me though.

LBs: Yes. But it wasn't really, and one part of your intellect knew that and was able to deal--

Q26: Is there a grand timing behind the scenes that's orchestrating these shifts and phases individually?

LBs: The timing is simply that when you have reached a certain point in your growth and you are ready to make that next step. Because everything is being speeded up, so to speak; the vibrational shifts are changing so rapidly, both with the body and with the earth plane, it is creating a . . . it's creating a different speed for you. So many of you are moving perhaps a little faster than you are comfortable with, and this is why we are also seeing illnesses, as we mentioned before. You are going to see strange illnesses, illnesses that can't really be defined because people are not able to perhaps handle their chaos, and so, it affects the physical body.

Q27: And it may not actually have a manifestation of a named disorder or disease?

LBs: Because it's more at a cellular level; not an organ necessarily, but the entire structure is being affected.

Q28: And in a sense it's cellular because the DNA is the knowledge access of every cell. We think the brain the model of the brain how we know things, but it's really that the DNA functions as the awareness conduit?

LBs: Yes. Every cell actually has memory and understands and is patterned, so to speak, and that has to be cleared. And as your body begins to clear, sometimes it is done either too quickly or one gets into it and decides, "I don't really want to do that this time." And the body then isn't able to handle the stress factor.

Q29: There's chaos found all around outside of you, but also, you're referring to the emotions that are arising, the core fears that we're starting to confront. You are saying it really doesn't matter whether one remembers the circumstances that first caused that fear to develop early in life. But if you can remember some of the circumstances and see how the fear was just a child's perception, it can help you to release that fear. Without knowing the circumstances, how exactly do you gradually release that fear?

LBs: You are still in the intellect when you are going back and looking at the patterns that the child experienced.

Q30: Yes, I know; I understand. But how do you release it without doing that?

LBs: Because you are unplugging from the thinking brain and it really is a deeper cellular memory.

Q: But you're asking, "How do you unplug"?

Q31: No. I'm asking, how do you get to the point where you no longer feel that fear? I mean, what mechanism is causing it to change your pattern of reaction to your circumstances if you aren't able to associate the fear with anything that you can see?

LBs: That's why we're saying that first you have to be able to experience a way . . . there must be some mechanism that's going to help you unplug. And so, you may pick various ways of doing that. And it may be something that is more subtle and may take longer, or you may use something that is--even as we said, your Rolfing, your massage, especially the deep tissue massage, can help release memory, can help release experience, can help release issues.

Q32: You don't mean "release" them to the conscious mind; you mean release them so that you are free of them? And you are saying that there is a knowing that will then come that will help let go of that pattern of reaction?

LBs: Yes. It is very complicated to explain, because it's . . . Once you try to start explaining it, you are back into the mind, and you are trying to find words to put to it.

Q33: I know. I'm having a hard time getting away from trying to understand it with the mind.

LBs: Right. And this is something that cannot be understood with the mind. Tell us, Can you explain in depth exactly what love is to you?

Q34: No. But you're saying--

LBs: No. Because if you would tell me you could, I would tell you, you do not know what love is. There are things that you cannot explain in words.

Q: Yes. That I understand.

LBs: And what we are trying to get you to understand now is that many of you are at a point now that you can access these fears and issues that are stopping you from being all you can possibly be, allowing both your soul and your ego to shake hands and be partners, as opposed to battling it out, as most of you have done for your entire incarnation. So, once you can do that, there is a knowing connected with the soul, and that knowing will help you release those issues.

Q35: When you actually access the feeling, aren't you releasing?

LBs: Yes, once you access the feeling without thinking about the feeling. You just are the feeling. You ARE the feeling. And it is not pleasant.

Q36: You observe? You observe without evaluation?

LBs: There is no observing. You ARE the feeling.

Q: This is exciting!

Q37: I'm trying to figure out how to manage my energy in dealing with the illness of my father,. I need to stay centered so I can make important decisions, and yet, a lot of times I don't know if I'm feeling anything, and if I am, I don't know what I'm feeling. Are there any thoughts on how to manage my energy through this?

LBs: At this particular time--and this will happen at various periods in one's life--one gets stuck into a situation that literally requires all of your energy to survive that situation. And so, even though you think you may be thinking, you are not thinking as much as you think you are. So, much of what you are dealing with now, you are into the feeling, but you will not be able to completely feel until this situation is worked through in one way or another. And once that happens, then you need to be very kind to yourself and allow yourself to then go through the feelings that you have put up on the shelf. And that is why you are saying you do not know what you are feeling. And that is okay to be there at this time, because the feelings are too strong for you to be able to deal with them and still have the energy that is necessary for your functions on a daily basis. So do not concern yourself too much about it at this point, but simply move forward and do what needs to be done. Allow yourself enough physical rest, because that is the most important thing at this time for you, and if you can, allow yourself private time, at least for a little while each day. And unplug at that time. But other than that, do not concern yourself too much about whether you are centering or not centering. Flow with what happens with each hour.

Q38: Part of my concern is that my partner can feel everything that I'm feeling and I almost feel guilty, because he experiences all the yuck that's inside of me, and I wish I could be better with that.

LBs: You're going to find that any time you are in close proximity with someone that you connect with at a deep level, when one is feeling, the other picks up on a much deeper level

than you are even aware of. So you are both transferring at this time, because he too is also going through some emotional turmoil that has nothing to do with your situation, although he's not real clear about all of that at this time --be sure that you give yourself the opportunity for space, physical space at times, to give yourself time to readjust.

Q39: That might help me, but the space doesn't help my partner, who feels it if I'm a hundred miles away. He still experiences it as if I'm there.

LBs: But not as much. That will give him the opportunity to concentrate more on his own "stuff" if you give him that space. So, even though he may still feel some, he may be able to get better in touch with himself if your physical energy field is not interchanging with his physical energy field.

Q40: What I hear you telling me is that it takes all my energy to do what I'm doing, and that's okay.

LBs: That's right. But be very, very aware that you need the time at a later time to allow that releasing.

Q41: I have a feeling that will come when my dad passes.

LBs: That will be very important that you allow that. When this crisis is over, then you should make the time to allow that.

Q: Okay. Thank you.

[BREAK]

LBs: Welcome back. And it is obvious that the energy completely changed during your break, and you are no longer nearly as stressed or as scattered. And the energy is much more meshed with each other. When you first came in, in the beginning, there were spaces between the energy fields, and that has completely disappeared. So you are now building an energy that should be able to absorb information and even at a better rate than you have previously, because of that melding that has gone on. And you will find that as you are able to do more and more of this kind of melding with your like energies, as you begin to enjoy each other's energies, you will also be able to open more to the energies that we are sending to you also.

Q42: When I'm sending an e-mail to somebody I really care about, and I want to send them love or light or something from the heart, right before I hit the "Send" button, I take a deep breath- -and I click "Send" as I breathe out, and I can feel a sensation on the forehead and the front of my face. It only happens when I'm really in that heart space. Am I actually sending energy to that person?

LBs: That is actually happening, and it's not just the area around your face that's expanding, it is your entire energy field that's expanding when you have that feeling, when you're connecting. And that's what you're doing, you're connecting with that feeling. And if you become a little bit more aware, you'll sense that it's not just limited to your facial area.

Q43: I feel it physically in the skin in my face. And that's how I know I've done it, that it's worked.

LBs: That just happens to be your particular way, then, of being aware. But yes, that is what is happening; you're expanding and sending that energy through thought. You're sending the energy through thought, as well as through the heart chakra.

Q44: I've been looking for something to hold on to that tells me I've opened or that puts me in that heart space. Would that be good to use that sort of technique whenever I try to center?

LBs: That certainly would be helpful. And try to look within, even more than just being aware of that sensation, but reach in and feel the knowing that goes with that. And if you open, you will be able to sense that knowing that the heart has opened.

Q45: My feline companion for eighteen years passed in May of 2001, and I'm wondering if he is going to reincarnate and if there is anything you can tell me about that.

LBs: He actually has already incarnated, and you need to be open if you really want to reconnect with him. And he will . . . within the next six weeks, it is possible that he could come within your field, and you will know. You will sense a connection.

Q46: Will he look the same color-wise?

LBs: Not necessarily. Not necessarily. He may have chosen a little bit different kind of genetic makeup.

Q47: How will I recognize him?

LBs: You will know. You will sense the energy. And he will recognize you.

Q48: So there are no gestures or anything that would say, "Well, this is it." It's just a knowing?

LBs: It is just a knowing. You will feel drawn, and he will show some traits as you're around him that will remind you of his previous incarnation. But you must be open or you can miss the opportunity.

Q49: Is there something I need to do particularly to be open?

LBs: Just be open to what comes into your field. Many times--and this goes back again to what we were speaking of in the knowing--many times you have the opportunity to reconnect or have answers and you turn from it because you are not aware. You are in your head, but you're not in your "being." And we hope that we can help you with learning training methods of being, so you are more aware of all that is there, not just the body, not just the brain.

Q50: Well, along the same lines, this dog about a year and a half ago found me when I was on my walk; and I had been saying I'd like to have a dog to go for walks with. Well, this dog found me, came home with me, would not leave me, and has become part of my existence. Would that have anything to do with what you're talking about?

LBs: Yes. Animals, just as people, are drawn to certain energies, and it is important that you recognize, when you choose a pet, that that pet wants to come to you also. And that is the ideal way to connect with a pet is to allow them to make that decision, that choice.

Q51: I think I've found a new way of balancing my chakras. I've discovered that when I walk, there would be certain chakra colors that I'd see, and there would be almost like a visual

hunger to look at that color. I would open all my centers and I would absorb that color through my eyes. Then there would seem to become a saturation point and I wouldn't want to look at that color any more. I would find that on different days, I might be drawn to different tones or hues.

When I had gone through all the colors and presumably had balanced, I would find that I would not be as drawn to look at the beauty around me. There would almost be a boredom, and then my focus would turn to sensing energies more kinesthetically. I want to know how that method compares with using the colored cloths, or any of the other balancing methods, and if you have any other comments to make about it.

LBs: Yes. That can work for you. It might be a little bit more difficult to do on a systematic basis for most people, to find all the colors that are needed. And it is misunderstood about absorbing color anyway, thinking that it all is for one chakra. That is not the case. Your vibration . . . you need certain vibrations from these colors for the entire field, and so, you're not just absorbing it through a particular chakra. So what is happening is you are absorbing it through your entire field, these colors, and you may have more need for one over another one because of where you are that particular day. For instance, one needs much more green during the winter months than you need in the summer. Very few times do you need the color green to absorb, because you absorb so much of it from visual, where in the winter you may need to use other methods of getting that green. So, that's a very good way to balance. But when you switch then to the kinesthetic, you are just simply switching to a different way of interpreting and reading. It is not that you are perhaps completely balanced; it's just that you're mentally somehow switching to that different way of sensing.

Q52: But it seems as though I no longer have a desire or need to look . . . Normally when I go out walking, I'm like, "Look at this color; look at the color of the sky," and then that all just goes away, because there's sort of a boredom to look at individual things, and my focus just changes.

LBs: Right. That's exactly what's happening is a part of your being has become sort of bored. The human body and the human mind require different stimuli, and for different types of people, different make-ups, the stimuli requirement is different. And in your particular case, you are much in your mind, and so, you're interpreting and thinking. And once you reach a certain point, there is a boredom that does set in and you need that change of stimuli.

Q53: So as far as comparing balancing in that way with balancing with the cloths and things, either way is okay?

LBs: They're both beneficial. And there is a spirit benefit from balancing with nature. There is a different kind of benefit that is gained other than just the colors, because you are breathing in the energies of these various living things. You're breathing their energies.

Q54: I just read in a newsletter coming through Steve Rother's Group that there is "mental intuition," and "emotional intuition". Mental intuition was being able to communicate with people who were out of body, who had passed, and other mental knowledge that we may gain, and the deeper feelings that really went back to love were more of an emotional intuition, a "knowing." I'm looking for some help to kind of grasp the understanding of different levels of intuition.

LBs: What they did not totally explain clearly enough for you is they were talking more about the energy field, the mental energy field, as opposed to what you think of as the brain, and the mental in the brain. You were receiving through the mental field, and you would be able to

receive that from other dimensions. The emotional is . . . we would prefer not using the word "emotional" as much as the word "feeling;" and that is an intuition, a knowing, that comes in connection with the soul.

It gets very complicated when you try to explain things in words, because they can have so many different meanings. And when one is trying to explain through a vehicle, there is only a certain amount of vocabulary available, for one thing, but also there is a limited amount of language that can explain certain things without your actually knowing and understanding, and it is very, very difficult to explain sometimes how the fields interact with each other and how they then feed into the dense body and work. And intuition is one of those things that feeds in through the various fields. Does that help?

Q55: It does. It just kind of opens the door. I'd like a further explanation of that.

LBs: That is a very broad, involved subject, and we would suggest that you open with that perhaps in the next session, because if we start . . .

Q56: It's going to take too long.

LBs: Yes. That is exactly correct on that.

Q57: At the very beginning of tonight, as you were centering, and the rest of us were quiet, I was centering. I made a request to make an energetic connection between everyone that wants to participate, their choice.

LBs: If each of you at the beginning would have the same intent and make that kind of mental suggestion as you go into the group interaction, it would be very powerful. And you are going to find, as we work with you further, we are going to make some suggestions for you to actually try some of these group energy workings so that you can see how truly powerful it can be

Q58: I've been seeing some faces tonight, just different faces coming at various times, and I'm wondering if that's a part of that same connection. It's almost like a sense of beings that are talking.

LBs: You're picking up on some energies. And as . . . one of the things that you are going to get confused about, if you are not very clear from the beginning, and are not of very pure intent about what you are doing or entering into, is that you will pull some energies and it will get confusing, because you won't know what they are. And so, it is good that you make a very clear intent when you enter these experiments of mutual energies working. Otherwise, it could be you are pulling someone else's mental, and you are not clear at all about what it is because you didn't make that a conscious intent. Do you see? And as you open, you will pull--and this you need to be very aware of as you go out and you begin to open more and more--if you are not clear about what you are doing, you may pull in energies that either make no sense to you or they drain you, or they even confuse and frustrate you or can emotionally upset you to a degree if you're not clear about what you're doing, because you are pulling in at random, instead of being clear about the pathway. Do you understand what we're saying?

Q: Yes.

Q59: Moderator: Light Beings, is there anything you would like to say in closing?

LBs: Well, we would like for you to leave this evening and give some thought about the change of energy from the time you entered until your second reading time, and understand that there is a connection that you are making with each other, and that each time that you meet, the bonding is greater and the energy exchange is easier. And so, it is very necessary for you to begin to realize that this can help you with opening to some core issues. So don't hesitate, if for some reason one or more of your fellow peers in this group come to mind when you are working through some issues; you might want to then consider who they are and maybe what some of their interests or their abilities are, because you may be energetically connecting with them and they can help you in one way or another energetically to work through some of the issues. So, be aware that each of you can work together now in helping move you forward, and don't be hesitant in making yourself available or asking if others may be available, but not in such a way that it would make one feel put upon or that they must comply with your request. But what we're saying is that there is that energy that is available to you from others now, and that can be very helpful in healing.

[Expressions of gratitude]

LBs: You are always more than welcome. We look forward to seeing you again soon.

[End of session]

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