

Moderator: Joyce will center herself out-loud for us tonight so we can hear what she always says quietly.

Joyce Cary: I surround this group with the Christ Consciousness and White Light from within and from without. I ask that my personality and ego step aside, so that I may be a clear vessel for information to come through from the highest source possible. I ask that this information be for the good of all who read or hear it, and I thank you in advance for the information that you give us.

Light Beings: Good evening. And you have had quite an adventure tonight. Did you feel the unified energy that was flowing in as you began to reassemble? Did you feel the joy that was involved with those who had disappeared and then once again joined you? [Group laughter] Were you aware of the energy changes? [Two elderly members of the group had gone for a walk around the lake, which has no defined path, and had gotten lost, eventually going to a neighbor's home to get a ride back. Many in the group were out searching for them to no avail.]

Participant: Yes.

Question #1: Are you saying we were disassembled? [Group laughter]

LBs: When you first joined tonight, you were your normal selves, but when you came back together, with the two joyous beings that then joined you, there was a different kind of energy that was shared, and you are still feeling it; almost a light-heartedness, a light-headedness. And it came from this tension that you felt, and then it was released. Are you aware of that kind of energy? [General agreement] And are you aware that this energy many times can create a positive flow for you when you allow it to be released?

So it is something that you need to be consciously aware of, that when you find yourself in a situation that is of a concerning nature, and if you can only step back and do much as you did tonight--laugh at the situation once you get some sort of grasp on the severity of it, or the not severity--then it releases an enormous amount of energy and it is very balancing for the entity, for the body. So it was a very positive kind of energy flow that was created from this incident that you just experienced. So it was not anything that was serious, and yet it created this tension. It is something that each of you can become more and more aware of as you go back to your abodes and have interchanges in your day-to-day lives. Recognize that if you can handle those tensions in the same manner as you handled the tensions tonight, it can end up being something of a balancing, a positive nature, as opposed to a stressful situation.

So, we thought it would be good for you to look at how it was handled and how the energy changed when everyone reassembled. So keep this in mind when you are running into other situations where there is the tension, and see if you can change it as this has changed. So, we now open for questions.

Q2: You once said that you thought that everything down here is like an episode of Seinfeld. I guess you're kind of relating to that, aren't you?

LBs: It would be quite interesting for you to have seen a video of those of you trying to find the two missing. [Group laughter] It was as little ants running around, looking. So yes, it was very humorous. And as you came back together, you realized the humor in it, so it did not turn out to be something of a serious nature. So yes, you are absolutely right. And that's what we're trying to say to you: look at the energy and realize that many times, when you get so into something,

then you create this enormous tension and it becomes such a serious thing, when in reality it is of no serious nature. And if you can release that, then it can be an energizing thing, instead of a drain, and it can be, as you say, much as a Seinfeld episode. And most of you live in that kind of situation; you just don't bother to enjoy it.

LBs: We are now open for questions.

Q3: I'd like to ask about Feng Shui. Can you give me your opinion on that? Is that something we should adhere to, like furniture in certain positions in a house, bathrooms located in a certain corner--like the Southwest, and stairways, fireplaces and so forth?

LBs: Feng Shui is an interesting concept that is being brought into this part of your planet and used somewhat differently than it was in the original areas, where it was used more as a daily kind of ritual and abided by very carefully. What you must realize, in any kind of . . . whether it be Fung Shui or any kind of belief system, there is a certain amount of . . . the best word would probably be "superstition" that must be recognized; but there are certain energy concepts in Feng Shui that are very valid. And so, when you begin to look at something like that, you must recognize which really are addressing the energy flows, and which are addressing the superstitions, and sometimes it is difficult to know which is which. So you must go in and feel which is right for you. There are certain rules on this planet, with the electromagnetic fields, with the flow of energy, that Fung Shui abides by in some ways; and so, those are the parts of it that make it work and make you believe, then, that all of it is an absolute. Do you understand what we're saying?

Q: Yes.

LBs: So, it is like any religion that you have, with all of its rituals that you must do certain things in certain ways or you are going to run into severe trouble. Obviously, the universe does not work in such a very tight, staid way. It is more flexible than that, and there are many ways that things can work. And so, to become so solidified in the belief that you are afraid to get in your car without certain rituals that go with it, or you are afraid to move a piece of furniture because it might create something of detriment, then you become ruled by fear, and that is not of a positive nature for you. So you must stress the difference and, when it is time, understand that yes, the energy flow of Feng Shui has some great validity, but you cannot be tied to any belief system in such a way that it creates a fear base. Does that help?

Q: Yes, it does. Thank you.

Q4: I was reading in the most recent book by The Group that it could be quite important to create an intentional vortex within a group, and that this is one way that we could help Mother Earth assimilate the crystal energy that is coming in. Can you tell us about how helpful that might be for this group?

LBs: Any time that you have a group energy that has a particular intent, it is of a much stronger nature than an individual. So, it is going to make a greater difference. So yes, if you have a particular intent, and the group is aware of that intent, through certain methods of creating this energy flow, it can certainly help any areas that the intention is focused on. So if that is something that the group is interested in, it certainly can work. However, what you must be aware of also is that if the group, for instance tonight, is made up of a certain number of people with a certain energy, and the intent is of such, then the focus will . . . It is very difficult

to explain. One of the problems with this group that you have now is that it is not consistent. You are not having the same energies come into the group each time, and so, it breaks the energy flow. So yes, you could, in one session, create an intent and focus, but if it is going to be a long-term thing, then you would need to have some commitment from each in the group that, if they were not going to be physically present at that particular time, the intent and focus should be unified. Do you understand what we're saying?

Q5: I do. So are you saying if we create a vortex tonight, and next time we have a different set of people and do the same thing again, that we're not being productive?

LBs: No. That will work if, each time, you go through the entire creation of this vortex. But what would be more beneficial would be to have a kind of situation where each meeting, the same energies were present, and then it would create a powerful . . . because it would build on each other.

Q6: Will it be very long before the others that are to join this group will show up?

LBs: Within the next few months you are going to see a solidification, because you are going to see much more focus with some individuals, who are going to start doing the work that we are wanting to see you develop. And so, you are going to, as this begins to happen, find the energy is going to be much stronger when you come together.

And there needs to be more sharing. There is not one of you in this group that does not have something to offer, a gift to share with others. Some of you do not have as much confidence in your gift as others do, but you will find, as you begin to share during your social interactions, that there is much that you can learn from each other. And yet, there are a lot of similar interests, where you can move forward together and split some of the job tasks, so to speak, so that you can each learn and bring this information together and move at a much more rapid rate than if you did it on an individual basis. You can combine your resources; you can combine your energies. And that is what can begin to develop.

And as we said before, it is not necessary for everyone to attend every time, but it is necessary, at some point, that you all have a unified idea about what you want the group to be, and where you want to go with it, and what information you want to bring in, because you are reaching a point now where you are no longer as interested on an individual or personal basis as you are in what can be brought forward for a sharing in a much broader sense. So, it will not be long before the energies will be brought in and those will join you who have the same focus.

Q7: Are you talking about the shifts that you were saying are going to change with all of us between now and the end of September?

LBs: That is part of it. We would venture to say there is not one of you in this room tonight who has not, in the past thirty days, undergone some transformation of one kind or another. Some may have dealt with health issues, some may have dealt with relationship issues, some with their career issues, some in other areas, but there has not been one of you who has not had some transformative issues that have helped you move forward and grow. And that is going to continue until the end of September.

Q8: Personal question about one's involvement with a healing group that co-ordinates healers and those requesting help from all over the world through internet chat rooms organized and directed by group facilitators and software. The questioner has problems with the

time lags involved in the communications on the web and disagreements with how the facilitators handle it.

LBs: Yes. And part of the issue there is it is much easier to have a healing group when you are all in a close proximity, because the energy fields are joining. What you are experiencing is very different from that because it is all distance healing? [Yes] And it's more difficult to do group distance healing than it is to do individual distance healing. And so, do not be too concerned about that. If you decide to remain--

Q9: I don't think I will.

LBs: Yes. It is . . . we won't say "it's not effective," but we will say it is much more difficult to be focused and effective in that respect. It can be very powerful when a group gets together in a close proximity and their energy fields join. As suggested earlier, that would be a very good thing for you all to experiment with here, would be to join your energies before the group session, because what that would do would be . . . you would . . . If we could draw what happens when it becomes as in a closed circle as you are now, the vibration is actually intermingling with each other, and so, it creates a tremendously powerful energy field that is more than each of you. And when that is, with pure intent, directed, then it is much more powerful than an individual's energy. But that is not the case in what you are speaking about, because each person is at a distance and they are not able to pull that electromagnetic field together. It's just not possible. And so, it's not the same focus or the same intensity, and that's why you probably do not feel as comfortable with it, because it's just not as easy to do. There are some things you cannot do via the computer as easily.

Q10: The idea of communal energy. Let's say we take ten people, and they all agree on the focus and intent, and they focus their intent and create energy. I'm assuming the sum of the energy is greater than the sum of the parts?

LBs: Yes.

Q11: Okay. Let's say two of those people do not have the same agreement in their mind as far as the purpose. If eight of the people are focused on the group effort, and two people are not, does that mean that those two people can short-circuit the entire group energy, or is it more or less just a step-down in proportion? How important is it, in other words, that everyone actually be on the same wave length, with the same like mind?

LBs: It is very important if you want it to be completely powerful. It does not prevent the eight people from still accomplishing, but it will not be as powerful, because it's more like a static, that the signal is not getting through clearly, if there is one or two that are of a diverse interest. And so, when you join, if you decide you ever want to form that kind of situation, it is necessary that each of you search your heart and make sure that you want to be a part of that intention. And there is nothing wrong, if someone suggests a certain intent for a certain purpose, if you want to step outside of that circle because you are not comfortable with it. It is far better to do that than to remain in the circle with reservation, because you create static. Do you understand?

Q: Yes.

LBs: So, if you do decide to do it, there must be a purity of intent, but there also must be a clarity about what is being done; what is the purpose, what is the ultimate desired end result?

Q12: Dr. Valerie Hunt has an organization that is selling a watch--they call it a Tesla Watch--and I believe it puts out scalar waves of a particular band, and frequency, and force. Is there truth in their advertising that it is very biologically beneficial for the human to wear to this?

LBs: Yes, it does have some benefit, and it would be of interest to you to research that a little further, because that kind of balancing, if that could be done in other ways, would be of benefit to the body.

Q13: For instance, if I bought four watches and put them around the bed in different quadrants, their fields might overlap. Is that what you're suggesting when you talk about other ways?

LBs: Not necessarily with the watches. They really need to be closer to the body for it to really be of much purpose there, for that to work very well. But you may want to investigate a little more thoroughly the whole idea and concept of scalar waves, and what happens in that process, how it affects the electromagnetic field, and how it can help with balancing or off-setting the ELF [extremely low frequencies] in the environment. And there is much more information. You continue to research; it will come to you. There is much on your Internet, there are certainly some books you have not yet been exposed to, there is some research that has been done that is not openly available, but through even some of the universities. So there is much discussion about this at this time, because it is not truly known exactly how it affects the energy field; but it is definitely of a positive nature, and the more you can learn about this, the more you are going to see applications that will be of benefit.

Q14: Since you suggested universities might be an interesting place to pursue, and you said they haven't discussed it, can you give me the name of a university to pursue, since they're not discussing it?

LBs: You might try the University of Arizona; that would be one. And then, of course, the University of California is doing some work in the biochemistry area.

Q15: You mean UCLA?

LBs: Yes. And there are others around. There is much more work being done . . . particularly in what you think of as Valerie Hunt is doing--not quite as esoteric as that--but still studying more about the electromagnetic field.

Q16: Do all the energy bodies, or fields--the mental, emotional, etheric sheath and physical body; do they all occupy basically the same space, although they may extend out, or expand farther, and contract?

LBs: Yes, absolutely! What is known as your "force field" or your "electromagnetic field," your "aura," that is made up of the first four that we spoke to you of, plus the etheric sheath. But the other three fields are extended much farther, and you are not as . . . they are not a part of your individual aura.

Q17: Is there such a thing as a personal frequency, or individual 'key note' frequencies such as a 'chord' with several notes?

Q: Like the one you hear in your head?

Q: Well, maybe like the one I have heard for many years, but is there a basic musical fundamental, a basic musical frequency, so to speak, or set of notes that is individual?

LBs: We say "yes and no." Yes, in that if you can center, and let yourself completely go, the first note that easily comes from you will be your resonate note. It will be the one that is the basis of any harmonics you are involved in.

Q18: And that's a vocal expression?

LBs: Yes. If you can . . . and it's not that difficult if you can really let yourself feel, and center, and just let the note out, you will find it will correspond very clearly with one note. And that will be the basis. But your frequency changes, not only daily but hourly and by the minute sometimes, according to how the different bodies are interrelating and reacting. So if you are having an extremely difficult day and have had some conflict with your fellow peers,, and you weren't able to eat lunch, so your nutrition is not on the par it should be, and you had a phone call from your mother that was extremely disturbing, finding out that there was something in the family that was of very dire consequence, and all of this is building, then by the evening your vibration is certainly not what it was when you awoke in the morning and had your shower. Do you understand? [Yes] And so, obviously, if you corresponded that to harmonics, it would be different in the morning than in the evening, or when you are sad or when you are happy; but it will be within a range of that one note. It will be a chord, so to speak.

Q19: An octave kind of range?

LBs: Well, not so much an octave, but it will not vary very much from that particular note. It may vary a note or two above it, a note or two below it, or harmonically correspond to it, but it will not vary that much; but it will vary some according to your own individual frequency at that particular time.

Q20: Okay. Mary sol Gonzalez Sterling, over in Spain, does quite a bit with voice analysis and looking for a musical fundamental, and the changes and/or missing frequencies of a set of what seem to be fundamental notes in the voice. How much is there to really work with, and follow up on?

LBs: That could be an interesting research for you. She's not got the whole picture, but she is tapping into some real truths about . . . The voice is much more powerful than realized in how it affects the energy fields of others, as well as how it affects even the energy fields around you, like your plants, your animals. So, it definitely does have an effect, and what she is looking for is the same kind of thing that you can also find in some of Valerie Hunt's information on the energy fields, where she feels there are certain frequencies missing. So there is a lot of . . . There is still some research to be done, because they do not have the total picture. It is a good place to start.

Q21: Is a full spectrum of frequencies, in a harmonious relationship, a way of creating balance?

LBs: That would be idea, but there are rare few people that have the full spectrum at all time, and so, that is part of the issue, and that's what she is sensing and seeing in her work. But it is very difficult to always have that balance. So, you are usually going to be a little . . . you know . . . If you go back to your chakra system, most of the time there would be one or two chakras

that would be much more active than the others, and so, you're not going to be in complete balance. If you are very involved in a more mundane kind of activity, your lower chakras are going to be activated and perhaps your fourth, your fifth, sixth and seventh may be rather dormant. And so, you are going to seem a little bit...If you had the ability, the sophisticated machinery to be able to read that, you'd say that person may be off balance. But it's not so much that as activation.

Q22: Where they put their attention?

LBs: Yes. And that is somewhat true in the voice, but it's not exactly the same thing, because a voice pattern is like a fingerprint.

Q23: I wonder. Does the brain have a direct correlation? I would think the variable frequencies in the brain would correlate, correspond to that highly. Is that true?

LBs: Would correspond to . . . ?

Q25: The variable frequencies in the aura, the electromagnetic field; the person who has a good range at those times. Would that correspond to a person who has a good frequency of brain wave patterns?

LBs: That is really two separate issues, because they are different frequencies. The frequencies in your aura are in the many thousands, and of course, in the brain it's certainly not. So, you are talking . . .

Q26: She [Valerie Hunt?] talks about how the idea is to have a lot of variety. It's not any particular frequency that's good, but to be able to have a whole range, and be flexible within that range. And the same thing would be true of the brain, I believe.

LBs: Absolutely! And that is true of . . . you want all of your chakras to be activated. You do not want for the lower chakras to be constantly activated and the top chakras to be dormant. And vice versa, you do not want the top chakras to be activated all of the time, completely ignoring--which is what happens many times to your New Age people; they forget all about the first, second and third chakras, and then they wonder why disease sets in. So, yes, you want that range. And that's what we were saying about the notes: there will be a range, but there will be that one basic note that you resonate to more than any other.

Q27: Is it balancing to use that note, or reinforce that note, or is that different?

LBs: Yes, that is balancing; and if we could explain it, it's almost like you have a certain harmony, a certain pulse rate, and that note is all a part of that signature that you have that makes up this being that encompasses your soul.

Q28: Okay. So, it acts like a natural oscillator in the body, because there's a certain rhythmic cycle, or frequency, or certain kinds of energy, the breathing rate, heart rate, electricity of the heart, the activity of the mind and brain...?

LBs: Yes, you have a pattern, and so, this is also part of your pattern, part of who you chose to be in this incarnation.

Q29: And if there's an emphasis on that, it doesn't mean that there is anything out of balance?

LBs: No, it does not.

Q30: I did a workshop with a lady several years ago concerning finding our personal tone and was told that the universal tone was 'E', and so, we sort of played with our own tones and the universal tone.

LBs: The universal, we would hesitate to say, is one note. It resonates to all notes, the range. It would be difficult for us to say it is only one. But it is very beneficial for a body to be exposed to a range of notes, and that is one of the reasons that toning and chanting is so beneficial to the health, because it sets up a kind of resonance within the body.

Q31: It seems to me it is more powerful than just a meditative state.

LBs: Absolutely, absolutely, because you are creating a vibration, a physical vibration, that your body is responding to. It's not just a thought wave or a . . . it's a stronger vibration. You're going to find, as you do more and more research, that sound is an extraordinarily powerful healer if used in the correct manner. And what is healing for one may not be healing for another because they do not resonate to a particular tone. So it is very important that you understand, when you are working with sound in the healing work, that the person must resonate to what they are hearing or there will be no healing.

Q32: When using tuning forks to create sound for use on the physical body as well as the energetic fields, is it more effective or appropriate to use one tone or a multiple set of octaves?

LBs: No. You can use that one octave; it is very effective for clearing. And the more you experiment with that, the more you are going to recognize that you can do that with tuning forks, you can do that with your toning; there are many ways that you can clear the energy field by going through the various tones.

Q33: Mostly staying in the vowel sounds or better with consonants?

LBs: Your vowel sounds, of course, carry the notes better.

[BREAK]

LBs: Welcome back. And now we open again for any questions you might have.

Q34: Okay. The theme this evening has been on energy and frequencies, and you started out talking about how we had all gotten very tense when we could not find the elderly couple, and when we relieved that tension it changed the energy. I made an offer on a house, and after I thought about it, I didn't really feel good about it, and got all tensed up about it. Should I just let it go and laugh about it, not get all worked up about the outcome?

LBs: Yes. What you embodied beings seem to do is take everything so seriously, and your real mission on this planet is to experience joy. And as long as you are tied to expectations and tied to demanding a certain outcome, you are going to limit your joy. If you can learn to laugh at yourself, your entire energy field gets to expand. If you can laugh at others, your energy field expands. If you can open your heart and feel joy, it expands. But the moment you start questioning yourself, as you say, then fear sets in, and that contracts your energy so that you are not the full being that you can be. It limits you in other ways.

So, if you can live your life in such a way that you don't take it so seriously, you are going to find movement and energy in a much . . . you are going to experience it in a much different way, a more expanded way. And in so doing, you are setting yourself up to bring in more experiences--do you understand?--because when you are contracted, you are not allowing other experiences and opportunities in. So, if you can look at your situation and realize that you made a decision, and it was not a life-threatening decision, and take it as it was, just what it is, and allow yourself to expand, other opportunities will come in quickly. Does that help?

Q35: Yes. I have another question too. I like dogs especially, but, it seems as though we have contradictory views of how to treat pets and animals here on earth; some we kill and eat, and others we cherish as pets, and that varies from country to country.

LBs: Your question is where does it lie? What is the actual truth of this? And the actual truth is the only time any living being should give up its life, it should be done--if it does give up its life to feed another by necessity--it should be done in a loving way. If you could understand how your Native American prepared their young hunters, they were not taught to go out and just kill, but they were taught that this was another soul; that they were going to take this life to feed people. So it was a necessity. But in so doing, there was to be gratitude, and it was to be more or less a dance between the deer and the Indian, or say the bear and the Indian. And the bear . . . they believed that the bear and the deer gave permission for their lives to be taken, and so, there was complete gratitude and love surrounding that. In that kind of situation, where it was a necessity, there was no decreasing of energy.

But in today's market place, there is not the same situation, and so, the actual animal that dies in a slaughterhouse dies with the energy of fear. And we are not telling you not to eat meat, because many of you are not prepared at this time, either with your bodies or your minds, to be in that position. But we are saying to you that when you eat meat that has been impregnated with that energy of fear, you are absorbing it into your own energy field, and that is not what you would particularly want if you thought about it. So you are actually . . . what you are saying is, Yes, in different countries there is no respect for the life of a fellow being, and so, they are killed without any kind of forethought or any kind of gratefulness. But they are providing sustenance so the body can live.

The only way you can--and even that is not a complete way to get past this energy that is impregnating these animals--you can, when you do decide to partake of this kind of meal, bless the animal that gave its life for you, and bless your body as it takes it in, and that will help balance that energy. But it is part of what is creating much of the fear base now, what is absorbed from such . . . it's difficult to even explain the energy that surrounds places like slaughterhouses. So, it is something for you to think about. We are not saying do not eat meat. We are saying, Be conscious and be aware of what is going on around you, and perhaps with your intent, you can make a little bit of difference; and if you make a little bit of difference, other people will feel your energy and it can begin to spread.

There are becoming many more conscious beings, and you are seeing now available much more humane ways of presenting, without the fear-based meat that you have had up until now. And also, all of the pesticides, and hormones, and other things that these meats are being impregnated with are not good for the body. So there is a lot there that needs to be brought to the consciousness, and your asking the question, of course, opens this group to look at that, and each individual needs to make their own decision. But it is definitely a real problem in this

particular country, because there is such an excess of animals being slaughtered for meat and in a very inhumane way.

Each animal offers the opportunity for tremendous energy expansion, because if they are treated appropriately, they are pure love. They can offer you unconditional love in a way that can expand your energy field and, with you returning it, can expand theirs. And it is a very false assumption that there are animals out there that are . . . it is difficult to explain . . . Many animals have a "bad rap," so to speak, but there are no animals that are not capable of pure, unconditional love if given the opportunity, because they do not even understand the duality that the human is capable of. So, what you have . . . the question you have within you, or at least what we are feeling you are asking, is why this dichotomy exists, and it all is a part of the duality of the planet. And it is a beautiful opportunity, for those that are raising their consciousness, to understand and make in their lives a different choice, a different way. And as the consciousness expands, then hopefully there will be a time when the animal once again will be able to share the earth as the original plan was. Does that help?

Q36: Oh yes! Thank you very much. Is there a good way to be able to communicate and build, connect with our own pets? I am sometimes frustrated not being able to understand what my pets' needs are. Is there any process we can use to communicate better with them?

LBs: Yes. If you will allow yourself to get very still with your pet, and absorb their energy, you may not the first, or even the second or the third time hear them, but eventually you will be able to hear, perhaps not in words that follow each other, but you will get a sense. You will walk into a room, and you will see your dog sitting looking at you, and you will all of a sudden realize you didn't fill the water bowl and he's telling you that. [Group laughter] That is very, very possible. But you must get very still, and open, and practice; and you will reach a point where, when you look at your animal, you will be able to instantly know if he is sad, happy, hungry, sick, just by the energy field. And it's a wonderful, wonderful way to start reading energy, because they have no limits, they have no conditions, on what they are feeling with you, and so they are open, and you can read them easily if you work at it.

Q37: Is there anything inappropriate about having an animal neutered or spade? We don't generally ask their permission.

LBs: That is a difficult question, because in a natural setting, it would not be necessary. But in your domestic setting, it is sometimes more fair for the animal to have that surgery performed early in its life than to expose it to unwanted litters that cannot be cared for. And there are, of course, many, many animals that are sorely treated, or out fending for themselves because that wasn't done, and yet, the owners didn't care enough to take care of the consequences. So, if you have that choice in your domestic situation, you have put yourself in a box, so to speak, and also put the animal in a box. And if you care for the animal, you are not going to continue exposing it to a situation that is of detriment to it. So ultimately, it is probably better for the pet to not have the added stresses of litters, and not be able to raise them in a normal environment. Do you understand?

Q38: If the animal is having a litter in your home.....?

LBs: Then it is your responsibility to make sure that the environment is a normal environment for the animal and that the offspring is treated well, and then find homes that are going to be quality for them. That's the only issue. It's up to you if you want that responsibility.

Q39: I have a cat, a female cat right now that has never had a litter. Would her soul not like the experience of having a litter before I have her--?

LBs: Of course it would. There is no female on the planet that doesn't have the urge to have offspring, whether it is a cat or a human being, if it is brought up in a normal environment. That is part of the physicality of the planet. But sometimes it is not so wise for a human female to have an offspring, if they are not in a position to raise that offspring. So there are choices. These are all choices. And that's all

part of your growth is making those choices, and then, as [Q12] was pointing out, being able to release after you make the choices, and do it with joy, instead of being attached to some sort of expectation. It's not so much what your choices are, as how you handle those choices. And if it is all done with pure intent and love, you will make the right choice, for yourself and the animal.

Q: Okay. Thank you.

Q40: In a recent meditative state I saw an unusual dog, sort of the size and shape of a Schnauzer, but of a sort of a reddish-brownish, golden-like color. It was a very gentle, loving kind of experience. Why did I see this?

LBs: Again, going back to your Native Americans, they used the animals many times as messages. And the dog is normally a message of loyalty, of unconditional love, and of pure . . . pure motive--a dog is not, with his master, ever devious. And so, in the context of what you were experiencing, perhaps this was a message for you to look at some of those traits, and be able to apply them in your own life. And the color might indicate that you are not very clear about some of your mundane ness, some of your mundane feelings, because you tend to stay very much in your upper chakras, and the dog again is of a very mundane nature. And perhaps it was bringing you a message of looking closer at perhaps your lower chakras, and how you can activate them to help balance you.

Q: That makes perfect sense. Yes. [Laugh]

Q41: I look for messages in what animals I see around me. I used to try to intuitively understand the message; just whatever would come to me. Recently I've been going to a book which gives a meaning to each of the animals according to some Native American tradition. And I'm wondering whether I'm better off sticking with my own interpretations or whether I should be going to that book?

LBs: Why cannot you use both?

Q42: Well, sometimes they seem very different.

LBs: Then go with what you feel about the animal. This is something that each of you needs to realize. Each of you resonate, and vibrate differently from the other, but there can be a blending; and that's the same with what you're reading, which is more of your Native American tradition. You are not Native American, and therefore, you will not resonate to everything that is in that book. You will resonate to some, but not to everything. And so, do not hesitate to bring in something that resonates closer to what you feel. It is much as asking someone to interpret your dreams: only in your dreams can you pick the symbols and truly interpret. You can have others guide you, point out, open avenues, but only you know what a symbol is. And so, even

though you may look outside yourself for some opening, ultimately you must make the interpretation.

Q43: Okay. If nothing came to me, and I couldn't figure out the meaning, then go to the book and see what I--

LBs: Or try both and see if they blend.

Q44: Do animals have of worrying about what's going to happen tomorrow, or are they more instinctually running on very current, whatever's happening right then with them?

LBs: If only you could live as the animal. They live in the "Now" and many times have very little concept of what you consider "time." They do recognize to an extent, the domestic animals especially, that there are longer periods of time perhaps that you are away, and they are capable of being sad, lonely, but not in the sense that you think of it; it's an emptiness; an emptiness. And so, the longer that emptiness goes on, the more . . . "depressed" is not really a good word, but it's the closest word we can give to help you understand what happens. And so, it compounds on itself. But it's not truly the time element they are sensing; it is the compounding of that aloneness. Do you understand? [I think so]  
So they are in the now zone. And if you leave a dog, for instance, he is very happy to see you if you are gone an hour, but he is just as happy to see you if you have only been gone ten minutes.

Q45: How about dolphins, whales and other species that are not usually domesticated. They seem to have higher levels of understanding. What about that?

LBs: Yes! They do. But it is a very different understanding than what you would even relate, what the human entity can even relate to, because they have never separated from the "All-ness."

Q46: They must be way ahead of us then, if they are in the Now, with the All-ness, and unconditional love all the time. We need to be studying them. [Group laughter]

LBs: You are absolutely right, in many ways. Yes. But the difference is that the animal . . . the human entity has a different soul make-up. It's not . . . This gets very complicated, and it is certainly not something that we can get into a long discussion about this time, but let us say there is more of a group soul with animals, where you are individuated. Do you understand? And so, the complexity is much greater. But there is much learning from the animal kingdom, much learning, and if you want to learn love, unconditionally, that's the best place to go.

Q47: Moderator: And with that, because we have to cut it short tonight, is there anything you would like to say in closing, Light Beings?

LBs We would like for each of you to contemplate this next two weeks what your greatest interest is in the fields of energy, and come back with some serious questions, so that you will be sharing with the group what your interests are, and also opening for more information. And we're going to hold you to that little bit of homework. [Group laughter]

Moderator: Thank you very much, Light Beings.

LBs: Thank you and good night.

[End of session]

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