

Light Beings: Good evening. We welcome you back, and we feel a definite energy change. It was very good to join [energies] as a group. That will become stronger and stronger if it is repeated, and you will find that there will be more of an energetic wholeness. And also, it helps us to come through in a clearer manner when you have a focus, as opposed to each of you being off in your own world, in your own energy field. When you join [energies], it makes for an easier transmission. So we thank you for that tonight.

Participant: No problem. [Group laughter]

Question #1: This morning's energy was really anxious, pushy and upsetting. I noticed maybe two-thirds of the people in the store where I was working were on edge, upset in one way or another. And the other third were really, really nice! [Laugh] And I wasn't the only one to notice it. So, is there some cyclic wave or something happening?

LBs: Yes. If you will remember, we told you you were going to be experiencing some increased energy, some increased vibration between now and the end of September, and it really started escalating considerably on the eighth, and has continued to do so. It will become even more so at times, and it will affect each of you differently, according to what you are working on at the present time. Some of you are going to find that you are extremely stressed in your environment because you're overwhelmed; there is more than you can handle, either from activity or from things that are happening around you that you have no control over, or at least you perceive you have no control. And then, some of you are going to just feel in your body irritability, a tension that you do not understand, and that will be because you are not needing to mirror it on the outside; you are dealing with it within yourself. So each of you is going to experience it in a different way perhaps, but there is definitely an increase, and that increase is going to affect each of you in one way or another.

There are ways that you can mellow it out somewhat, of course. Those of you who meditate are going to find it a little more difficult than usual even to get into the deep meditation, because your mind seems to be racing, so to speak. Have any of you noticed that it is more difficult to maintain focus right now? [General agreement] That will be a continued situation for the next thirty days. But the best way for you to be able to mellow out and avoid too much of this busy-ness of the mind is to get out and ground yourself by being, as much as you can, out of doors and away from other energy fields that you are being exposed to through your electrical circuits, through the atmosphere, the pollution that is going on constantly that you are being exposed to within buildings. At least out away from those, it will help settle you, mellow you some.

Q2: I recently needed to center, connecting with mother Earth. It seems important for me to do it barefooted.

LBs: Yes, that is helpful because you are becoming more consciously aware of the connection when there is nothing to interfere with that direct contact. It is the same way when you are touching a fellow being. You feel a much deeper connection when there is nothing between their skin and your skin. It is the same principal. So yes, if you can be barefoot, it is much better than having the shoes on.

Q3: When you refer to the "earth plane," is it only the planet earth, or does it involve all of the universe that we can see or perceive from earth? And if it does involve more than this planet, when entities come to 'this' planet for learning, do they sometimes go to other planets?

LBs: That's a broad question. We'll break that down. When we are speaking of the "earth plane," we are speaking of the earth itself, just the embodiment of this planet where you are presently in abode. But yes, when other beings visit the earth, they do visit other places also that are not of the earth plane, and are of a different vibration. And so, that is part of the issue, part of why you are not able to physically see, most of the time, these beings, because they have the ability to change their vibrational rate to be able to enter your field here. But when they enter other areas, then there is a different vibration. So, does that explain what you are asking?

Q4: Not quite. You said we come to the earth plane because this is where we can experience polarity. Is the earth, as a planet, the only place where beings can come to do that?

LBs: Yes. In this particular school, the main focus is polarity. That's what one would come here to learn is the duality, about the duality. So yes, this is the school for that, this earth plane.

Q5: And when you say "this earth plane," you mean this particular planet?

LBs: Correct. You would not learn the same kind of lessons in other universes.

Q6: Is the universe that earth is in a part of the earth plane, or does that have a completely different vibration?

LBs: There is a different vibration as you leave the earth plane, but when we are talking "earth plane," we are basically talking about the universe that the earth is a part of, that you can see or experience. But there is a change of vibration once you leave the gravity field of the earth plane.

Q7: If people on earth were to ever travel to other planets, would they then be in a different vibration?

LBs: Yes, they would be. And that would be part of the difficulty. There would have to be some adjustment in that... Even in the earth plane itself, there are different vibrational fields for different parts of the planet, so that if one is used to living in, for instance, Manhattan, with a particular vibration, and would move to Kenya, they would have a physical adjustment that would need to be made. It would not be drastic, and they would be able to make the adjustment, but there would be an adjustment.

Q8: I think that's something I've been aware of, in the sense that there are some places even in the United States that I find are very dark, like, for instance, Cleveland, Ohio. I hate going back there because it feels very dark and heavy to me.

LBs: You are absolutely right. If it could be measured--and eventually there will be the sensitive equipment that will allow such measurements--but if you could measure certain areas, even certain homes that you walk into, you would feel a certain lightness or you'd feel a heaviness, and that is all to do with vibrational energy that has been emitted there. And one of the things that people are not completely aware of is if, for instance, you have conflict with someone and that energy from both of you is . . . created, is put out there, then once this conflict is exposed, it remains in that particular environment unless it is cleared. And so, if there is a lot of emotional discord in an area, and it is compounded by one situation after another, then you will, as you say, feel the heaviness. Cleveland has had some pockets where there has been some . . . not necessarily "dark," but heavy, heavy emotions that have remained because the city has not been cleared. And there are many cities in the United States that have that problem. And even in one's home, if you have conflict with another, that energy remains unless

you make an effort to clear that energy from your home. And if it continues, your home will eventually feel darker or heavier to others, and they really won't know what they are feeling. You understand?

Q9: Yes I do, because I have known for years that that's why I don't like to go home.

LBs: Yes.

Q10: I want to know who built the great pyramids and how they did it.

LBs: I bet you would! [Group laughter] We can tell you that so far, the theories that have been put out are not complete and the information that helped build the pyramids was information that came from a different dimension. They were beings that settled on the earth at that time and brought with them this information that was lost after the pyramids were built, lost after the Mayan and Aztec cultures were diminished. But it was information that was brought to help start a kind of group energy that would remain for others to be able to genetically link to.

And there are many of you that were a part of that initial sharing and still have cellular memory of healing with certain things and certain ways, especially with your sound and color, which is why so many of you are interested in that. But also, you had the ability to manifest or move things without equipment as you must have in this particular era of your planet. And many of you, when you were first incarnated in this lifetime, one of your frustrations was you couldn't move from here to there quick enough; it seemed to you that you should be able to move instantly from here to there. Some of you will remember feeling that frustration up until you probably were an adult.

Q11: So you're saying energy was harnessed by the mind, or something, and was able to physically--?

LBs: And the ability to be able to actually move, molecularly, the body from one place to another.

Q12: And this was taught to the people on the earth from beings from another galaxy?

LBs: That part was not taught, but the ability to do a lot of healing work, a lot of manifestation was definitely taught, and there is cellular memory. But some of you have the cellular memory because there was integration. They mated with some of the beings here on earth.

Q13: It seems like I thought about that quite a bit, about being able to move things with my mind. Was I able to do that? Was I one of those people?

LBs: You have genetic memory, cellular memory.

Q14: Yes, that's right, because sometimes I feel like I could just hold out my hand and make that cup of water come to me without touching it. I can't do it, but it seems like I remember being able to.

LBs: Yes. And there are probably many in this room who have that same feeling . . . or being able to move instantaneously from one place to another.

Q15: Is that somewhat like what Dan Withers was talking about: being in the eye of the tornado, and directing that energy? Is that the same thing?

LBs: This is a little different than he was talking about in that respect.

Q16: But it is a movement.

LBs: Yes. But it is more . . . more a molecularly being able to change the body, and actually . . . And this gets very . . . it is impossible to really explain in words for you today scientifically, because you are not there. And you may never reach that point scientifically again, because the purpose of it was to move, to give you, your planet, the ability to move forward at that particular time in a way that was needed.

Q: What I was referring to was not necessarily to move something from one place to another so much as the body itself changing from that space or that energy.

Q17: Are you referring to the same thing as when some of the masters here are able to transport themselves from one place to another instantly?

LBs: Yes. Yes.

Q18: Or appear in two places at once?

LBs: Yes. That is a very similar kind of ability, but a little bit different because they still remain in a physical body, but are able to transport a part of their etheric body so that it can be seen; so it is a little bit different. We are talking about where you can physically move your body from one place to another. So that is a little bit different.

Q19: Are you saying that when you transport yourself to another place you don't assume another body, it just looks like it?

LBs: That is correct.

Q20: Will we be able to do that again?

LBs: That takes a discipline that requires a certain kind of discipline that most beings are not willing to even contemplate. But we will say that everyone has the ability.

Q21: I'd like to be able to do that. [Group laughter] I mean, could you give us the knowledge, and we could decide whether we want to try it or not? [Group laughter]

LBs: It is not quite so simple.

Q22: Some of us sometimes move things without meaning to, or even realizing that we've done it.

LBs: Are you asking a question about that?

Q: Yes.

LBs: Yes, you are talking about where someone can really move an object, you mean? Is that what you're asking?

Q: Yes.

LBs: Yes, this is a very small piece of what we were talking about with the pyramids that one is able to do. And again, all of you have that ability, but you haven't learned to use the mind in such a way that you can focus and concentrate that energy, because it is a combination of using thought processes and energy that makes that movement. There are instances, as you know, where people move things without meaning to also, and it is because, again, this is a quirk in nature, in their body, in their mind, that allows this energy to burst forth without discipline. But there is a way, if you truly would want to, that you could use your energy in such a way that you could move physical objects.

Q23: Bi-location is possible, not necessarily with intent, but because of purpose, the ultimate purpose?

LBs: You're asking if bi-location is intent?

Q24: No, if it's possible without intent, but with a purpose.

LBs: Yes. Many times this can happen because one is emotionally attached, or even heart-to-heart, soul-to-soul attached to another energy; and that energy has a need. And so, yes, that can definitely happen. For instance, many times when one is leaving the earth plane, making the transition, there is a separation, where in maybe even another state, or another country, you may see that person appear very clearly. But that also can happen if there is a great need of some kind.

Q25: Exactly. This is the kind of experience I'm talking about.

LBs: Yes. That definitely can happen. And not by intent a lot of times, but by an emotional pull or a connection with one soul to another soul; and that information needs to be given.

Q26: The Group in their latest book makes a statement about salt baths. "Salt baths will help you to make the electrical connections between your physical body and your mental and etheric bodies, and also help you ground the energy quickly and with less pain. This will be particularly effective if you also decrease the salt you take into your body while increasing it on the outside." Can you talk to us about what the salt does?

LBs: Yes, salt is a conductor, so to speak.

Q27: How does that ground us?

LBs: It's not necessarily . . . I would not use the word "grounding" as much as creating a better grid for information of the bodies. And that is really what these bodies are about is they are constantly, every second, feeding your earth body, your physical body, information through the different levels. And by using the salt, it definitely does--and of course, this is what . . . When people are talking about grounding many times, they are really meaning connecting the grid, connecting the information center, so that you have clear circuitry.

Q28: Sort of like clearing a path, making it clearer?

LBs: Yes. When we speak of grounding, what we are speaking of more, though, is the earth body becoming aware of its earthiness and allowing those lower chakras to open. That's what we are speaking of when we say "grounding." But that's not necessarily what everyone means by "grounding." Does that help?

Q29: Sort of. What is it about salt that does that?

LBs: It is a conductor of the electromagnetic field. It helps clear; it helps--

Q30: Is it the way it works with the water . . . in the bath?

LBs: It's the chemical breakdown, yes.

Q31: Does it work without the water? I'm doing some work with M. J. in Georgia, and every month we've gotten a little bag with salts and crystals to help us in working holographically for transitional purposes. I find it to be very, very powerful.

LBs: And this is using it in the dry form?

Q32: Yes. It's just in a little bag. In fact, I gave her [a participant] one to hold tonight.

LBs: There is definitely some benefit to that. There are many crystals and many earth parts, different stones, gems and crystals, that can be of benefit because of their various chemical make-up, the way they are built, so to speak, that can help with either opening or clearing fields, of connecting the circuitry, so to speak. In using certain crystals in work, in opening the chakras, it can be very effective.

Q33: I think the purpose may be just a reminder to my body of a certain state of being.

LBs: That is part of it, and part of it is that you resonate to certain-- Again, if you had the equipment to be able to read the vibration of each of these different crystals or the salt, you would be able to see that it resonates to certain chakra centers or to the field itself. And certain crystals resonate to some people better than to others, according to what they are working with at that present time. That is a whole study within itself, if you should want to get involved in that.

[BREAK]

LBs: Welcome back. Your energy has become very sedated, much more in a thinking mode than in a feeling mode at this time. Are you aware of that transition?

Q34: Why did that happen? What did we do that took us there?

LBs: Many of you are beginning to think about various ways and means that you are going, in your discussions, ways that things can be done, or your minds are just taking off on their individual interests and thoughts. And so, once this happens, there becomes somewhat of a contraction of energy, a segregation or separation of individuals, not in a bad way, but this is what happens when one gets into one's thoughts as opposed to remaining totally open from your heart chakra. So for just a moment, take time now to open, not just your thought processes, but all of your chakras, so that you can receive energy and information. [Short silence]

Now, using your mind, think about connecting with everyone here in a way that is open and accepting, and feel that energy coming back to you. [Short silence] Can you feel this energy? [Group agreement] So, remain in that open state, if you can, and now we will be open for questions. And you will find that not only can you hear and absorb information easier, but

your own self will open and you will have more to exchange and give also, through this opening of energy.

Q35: Does the physical etheric body have a color, and what is mine?

LBs: That is more of a misconception to a degree, because the etheric field is made up of all of the colors and they change frequently according to your emotional state, as to how well you are centered, or how many of your chakras are opened, or how many are contracted, what is coming into your field. For instance, if you meet someone who is very angry about something, if you would get very still and really feel the energy you would feel this dark redness coming towards you, but if you met someone who was of a very spiritual nature, and you opened to them and they to you, then you would find this lavender being your predominant that would be coming to you.

The lavender is one of your higher vibrations, moves at a greater rate and is more connected with your spiritual being and your spiritual growth. And so, those who spend most of their time at One, and searching to open to the One, will have much more of that lavender in their etheric field. But there will be times when, for instance, they get very excited about a new idea and do research and open to this new idea, and it will be more of a green or a yellow-green that will be present in most of their field, because that is one of growth and opening, you see. So it changes. But there are predominant colors in each of your fields that are there when you are resting, relaxing, and not putting out any emotional energy, that each of you have more of, almost like a fingerprint.

Q36: Okay. So what's my fingerprint?

LBs: You do have a mixture, of course. You do have a lot of lavender in your etheric field, and you have some gold and yellow that are present, and a lot of blue, light blue, that is there. There is also a small portion of unresolved frustration or anger, or whatever that might be there, that is appearing as a darker red. It's a very small part, but it is a sliver there that is definitely still in your etheric field. And most of you will find that you have little places that are holding energy, and that will be of a different color than your general field.

Q37 Is that related to the causal pattern?

LBs: Yes. Yes. And that is the area that it will need to be cleared.

Q38: When we spoke a couple of weeks ago, for me specifically, you described how the etheric sheath, which extends beyond the skin, also commonly displays the color of the emotions.

LBs: That is constantly changing, and that does have to do with where you are at a particular point emotionally. So that does definitely change frequently, constantly almost--vibrating. And it may get darker, it may get lighter, it may go from yellow to gold to lavender to green to blue within a matter of seconds, according to what's going on in your inner being.

Q39: So it [the etheric sheath] really just displays the color, but doesn't really anchor a color itself?

LBs: Correct.

Q40: Several years back, a Native American shaman noticed that magenta, of a red range, had been a color that was brought into my field.

LBs: Magenta is present when one is working on opening to unconditional love and opening to learning to . . . “unconditional love” is not the best word for it but it’s the closest thing we can come to. In other words, accepting what is about one and accepting what is about self, and that comes again when you are making--if you look back then, you were probably working very diligently on opening to the One and opening to unconditional love.

Q41: When you led us through that little exercise to open, and said that by opening in this way we would be able to absorb information, I suddenly understood something that I have done all my life but I never understood what I was doing. There would be times when I needed to absorb information very rapidly, and I would go into a state, and it would be as if I was absorbing information through the cells of my entire body, as if I was drinking it in. Now I understand what I was doing.

LBs: Yes. And we hope that all of you can learn that little tidbit of information and take it in and be able to use it, because it can be very beneficial when you are really trying to absorb more than just words.

Q42: I have been reading a lot about the impending water shortage occurring around the world and about a potential crisis where there could be the destruction of all the whales and dolphins in the ocean. What we can do to change that outcome?

LBs: You are correct in that we are seeing a very serious situation with the earth plane, but it is not something that has happened overnight. It is something that has been building for many decades, since before your industrial era. Man has been, your planet has been, moving toward the inability to feel, and that has to do with the water shortage. So, unless there is a great awakening--and part of the gift of September 11 was the opening of more feelings, and it is unfortunate that it requires such a statement for there to be that kind of opening--but unless there is a greater movement for recognizing and understanding the needs of the planet, there is going to be more and more of this kind of critical situation. Because what has happened is the interconnectedness has completely dissipated. When there were small communities, each dependent on the other, there was a great connectedness among the community. And that no longer is true in most of the world. And as that interconnectedness disappeared, so also did the connectedness with the Source.

Q43: So you’re saying that’s part of what’s behind the threat to the dolphins and whales?

LBs: That is a little bit different issue in one . . . That is more of a . . . what would be the best word for that? It is hard for us to pull such . . . It is even greater than apathetic. It is a total lack of concern for the entire ecological life of the planet.

Q44: This is a real threat then? I keep waiting for someone to send me something saying the business about the sonar is a hoax.

LBs: It may not happen as it’s been presented, but other things are happening to diminish the population of the whales and dolphins, and there has been no outcry. But it is not just that particular situation. There is a great destruction of all sea life through pollution, grave pollution that is being ignored. And you are consuming in your bodies a lot of pollution from these fishes and sea life that are absorbing the pollution.

Q45: What about new machines or technology? I've heard of different products coming forth now that can filter bodies of water to clear it, and it is somewhat successful.

LBs: Yes. There is definitely some research being done, and it is showing some great promise by being able to actually put the energy into a product, and then an energy that can clear, or put back in the natural algae that which belongs in the pond or into the body of water. That is, unfortunately, a very slow process. It doesn't happen quickly, and it's very small numbers of being able to even look at that kind of solution. Very few people are even looking at it, so unless it is brought into awareness by a greater number, that will be too little too late.

Q46: You used to talk with Joyce about how changing the outcome one is experiencing, or choosing a specific outcome, can be just like changing the channel on a radio [to a different probable reality]. Is there a way I can change my channel and have a different outcome from what is appearing to be at this time?

LBs: It starts with individuals. And each of you can become a conscious individual; understanding and being aware that you are interconnected to everything on the planet, and you are interconnected to the entire universe. So, any thought that you have that is not of a . . . and again, we do not like to use the words "positive" and "negative" but . . . that is not of the Light is aiding and abetting in what is happening to the planet that you are being distraught about. So, if you, as an individual, monitor what you allow into the energy field, you are affecting in the greatest way you possibly can. And this is true for everyone. And as you begin to do that, your energy, your very energy, is going to affect every energy field that you come in contact with, and you are going to mirror to them. And as they absorb this and leave your energy field and join others, it will ripple, do you see? So, very quickly this situation can be turned around. So start with yourself.

Q47: And putting out more of the love, the unconditional love, that kind of energy?

LBs: Yes. And monitor what you allow out into the energy field.

Q48: Several weeks ago, when talking about the healthcare industry, you were saying that one of the reasons that medical techniques now are not working is because the body is changing. It's my personal belief that medicine has never been as successful as it could be because physicians treat symptoms, because they cannot understand health as a whole. And I think that medicine will not be truly about health until doctors know how to do that. And I was wondering if there was any way we can help each other to gain that kind of knowledge, instead of just treating the symptoms?

LBs: Yes, and you are beginning to do this in very small ways now in your working with the sound and color, and opening to these different alternative ways of energy work, because as you learn about the different ways that energy works, you begin to learn more and more also about how the physical body responds, and how the mind can affect [it], so that you are beginning to tie body, soul and mind into a unified whole. You are no longer looking at it as "let me pop a pill and get better," but you're saying, "What can I learn from this, and why am I having this to deal with, and what can I do that is not invasive to at least open for healing." And so, you are helping, even if you still go to the doctor and have surgery or whatever is suggested. You are opening in many ways, at different levels that will allow for the healing at a much greater rate, a much deeper level and much more permanent. Because what happens many times in your allopathic world is the symptom is treated, the symptom goes away, and one is proclaimed cured, but all it has done is shift something else, because what originally created the

problem is still present in the etheric field, is still present in the mind, is still present in the heart. Do you see?

Q49: Yes. Is there anything we can do to help the medical establishment understand that there is a different way of going about healing?

LBs: Yes. And we don't want to jump too far ahead, but we will tell you this: you as a group are very capable of forming enough of an energy, once you know your individualized gifts, that you will be able, not only able, but will show, through doing, the difference enough that it will awaken for some doctors a different way of being, and you will be invited into the medical field.

What is not recognized many times now, because the medical field is getting such a bad rap, especially from alternative ways of healing, is that there are many, many physicians who went into the medical practice because they wanted to heal, not treat symptoms. And they have reached points in their lives, many of them in their forties, fifties and sixties, and have recognized they don't have enough of the answer. They know there are other things that could help, they just don't know how to access it due to lack of time, due to lack of understanding, due to fear of what their medical peers will say. But once there are enough people forming the kinds of techniques that are possible and showing that they work, it will be easier for them to look at it as a consulting situation or as an adjunct, just as they now use their physical therapist, their massage therapist. There is no hesitation now, if a doctor is feeling that a patient may be under stress, to send them to a psychologist or to stress management. So there is beginning to be more and more opening in that way. Even . . . some doctors are open to therapies that are a little bit more considered, maybe, a little on the woo-woo side, if they see their patient is responding to it. Another way that you can immediately open doors, if you, yourself, any of you, are involved in being with medical people, is to share with them things that you have found work. And that opens and plants seeds, and opens doors to "maybe there is something out there that works that I don't have the answer to." And they think this much more frequently than many of you are aware. They are, many of them, reaching the point of knowing, "We have a cancer patient here, and by all rights, they should have gotten well, and they died," or "We have a cancer patient here who by all means should have been dead years ago and is alive and well, and we didn't do anything differently." So they know there is a greater power here at work that they don't understand. So they are beginning to open, they are beginning to know that there are ways that they are not aware of or do not have access to. And there will be enough of them who will be open when the time is right.

Q50: Is this not also a part of the earth experience? Do not some of us choose to come and experience a dis-ease as part of our commitment or contract? Is that part of the shifting at this time?

LBs: When you incarnate, you have certain lessons, and you can choose feather tapping, or you can choose a mallet. And most entities don't feel the feather, they wait for the mallet. And that's usually when dis-ease sets in. You get many, many, many warnings before an actual illness attacks the body, but you usually aren't tuned in to the channel.

Q51: Moderator: Is there anything you'd like to tell us before we close tonight?

LBs: You are going to experience in the next few weeks a lot of what you have experienced in the last few months, but maybe even greater, in that things seem to be compacted and moving at a much more rapid rate. Do not allow yourselves to get attached to the chaos around you, and do not allow yourselves to become too focused on what is happening on a day-to-day basis, but try to look at the whole picture of what you are dealing with, and recognize that it is

not of a permanent nature, but more than that, recognize that you are now being allowed to choose your dramas. And if you do not want to participate in the drama, then do not. You are learning that you have that choice, to pull your energy into a different direction, and you have some tools now that will help you with that. So use those tools to help you remain more centered, and keep in mind that life is really not serious on this planet, and it is to be a lot of fun, a lot of joy. And allow those kinds of joy and fun to come in occasionally, instead of being so serious about everything.

Are there any final questions? [Silence] Then we wish you well in your adventure this next two weeks and tell you that there is great learning, even in the times that seem to be overwhelming. Be sure that you feed your body as well as possible these next two weeks, get as much rest as possible, but most of all, feed your mind with as much love and joy as you can permit. Good night.

[End of session]

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