

Light Beings: Good evening. You certainly have made a tremendous leap tonight. It appears that after a long, long time of working with you, and nudging you, and suggesting to you, and repeating to you, something has finally taken hold. So we are very pleased to hear the way things are beginning to move, and we will be here at any time to help any one of you if you have a particular question about how you want to move forward, or if you have gotten stuck in something you are working on, and if we can be of assistance, we will be more than happy to assist.

Question#1: Recently, while in New York, I encountered this little four-year-old Japanese girl, which was my teacher's goddaughter, and she and I connected in a really deep way. Every time that I would look up, she and I were engaging in a really deep way. Later, I ended up in a restaurant, and another four-year-old girl just came up to me and was just totally engaged in my eye energy again, and I heard a message that said, "Give her your bracelet; your 'Ohm-mani-pahd-mi-hum' bracelet." And I was listening to that, and I kept engaging with the little girl and talking to her and again I heard the message, "Give her this bracelet!" Well, I've had other children of that age come to me interested in the bracelet, and so, I gave this some thought. But then I said, "Oh, I can't give this little girl the bracelet, because it cost \$108 dollars, it's too big for her, etc. So I did not give her the bracelet. Then, when I got to the train station and got into the train, I looked at my arm and my bracelet was gone. So therefore, the bracelet disappeared anyway, and I should have given it to the little girl. And I know that I'm supposed to listen to these messages when I hear them, but I was trying to be logical, because I've been trying to save money. So why are these little girls showing up now? I'm hearing that it's something to do with children, or are these children the crystal energies that you talk about that are appearing to me a lot?

LBs: This is a question that needs to be answered in layers, so to speak, and we're going to touch on a couple of the layers at least, for you, so that you can get a little better concept of why they are coming into your field. You are approaching a time now when you are getting ready yourself to make a leap. And interestingly enough, most adults think that when they are growing and evolutionizing, and moving forward, they are becoming more mature; and that's the way, especially, the western world looks at things. But you are, in making this leap, going to have the ability to see as a child sees, in the innocence and purity that a child is able to see. And so, you are pulling into your energy that kind of innocence and purity, so that you can experience this energy before you actually make that transition.

And the reason you were pushed to give the bracelet to the little girl was not so much the actual bracelet itself but the symbol of communicating and recognizing that there is no--you were rationalizing, "It was too large, it was too expensive for a child," but in reality, her energy was much more of a . . . again we struggle for words sometimes, because "adult" and "mature" do not say what we're trying to say, but the energy of a child is sometimes more comprehensive and complete than an adults. And so, if you would have given her that bracelet, she would have understood at a much deeper level what the gift was about than just it being a bracelet, do you understand? So it was a matter of exchanging some energy. Do not concern yourself that she did not receive the bracelet; there was nothing of detriment there. But it was simply to point out to you that by your losing the bracelet, you need to look at your messages and to follow your intuition, because a child, if you will watch a child as it goes through its day, does not usually stand and think about what it's going to do next, but it jumps into the next bit of play or the next experience it's going to have with both feet and full of joy. And that's the transition you are beginning to make now; so that's why you are bringing this child's energy in.

Q: Thank you.

Q2: Is it possible to join one's energy with another's energy, to send one's energy to join with another's who is at a distance, and then when there is this joining of energies, or you feel that there is, to experience something like sound, or maybe energy of the natural world, the outdoors, or something like that? Can what you are experiencing or drawing into your energy then transfer to another person through that merging?

LBs: How to answer that so that you can understand completely? You definitely can join others' energy at a distance, so the answer to that is a simple yes. But it's not as you are perceiving it. It is more a joining of the vibration of the field, and so, it is not a . . . what you see and what you hear is not what you send the message with; it is what you are feeling. So they do not sense that you are seeing a bird, or you are seeing flowers, or you're smelling the spring, or whatever. That's not what they receive. They receive what comes from your heart or from your soul's feeling. So if in seeing that bird, your heart expands and opens, then yes, that energy can move forward and the other person may feel an entrainment there, a feeling of expansion themselves, and not know where it is coming from.

Q3: Okay. So they don't feel the energy of the outdoors, if they are indoors. It's...

LBs: It's the energy that you are taking in and what your heart is feeling. You could take ten people and let them look at the same scene, and each person would process that differently according to what their feelings are about certain parts of the scene, whether their heart is open, what chakras are open. And so, their experience is going to be different, and it could be expanded, it could be contracted. And whether it is expanded or contracted is what is sent forward.

Q4: Okay. I was attempting to do that with someone I know. I was walking outdoors --these things always happen when I'm walking--and I was attempting to connect again with my guides to recreate some experiences that had been dramatic. You had told me I could connect more with my guides if I tried to do it consciously, that I would find they were almost always with me. But I was not connecting with them like I had before, with a dramatic sense of their presence inside of me, and I suddenly found as though my mind, for lack of a better word--my consciousness or something--was sort of blending with other consciousnesses, not audibly, or anything like that, but as if I was looking through my eyes but it was not just me, but many of us. There wasn't this sense of just me anymore, but many of us. And there were even a few moments where I felt an expansion beyond these energies around me to something much vaster--I hesitate to call it Source, but something much vaster that had no individual sense at all, and a sharing of consciousness in that way, which was very brief. And while I was in that state, I thought of sharing the experience I was having of nature with my guides, thinking that maybe they can't experience it the way I am, so I will try to share that. So when I had this blending of consciousness or something, I tried to focus on what was around me and draw that energy in and share that, and I started to become aware of a constriction taking place in my solar plexus area, in my third chakra. It started to get very tight and uncomfortable and I took that as a sign that I shouldn't be doing it. So I broke the connection. I stopped the experience. I attempted to recreate it again later on to see at what point that constriction would occur. Was it when I was connecting, or was it when I was trying to share the energies around me? I found I could not connect anymore in the way that I was with what I thought were my guides, but did have another temporary experience of feeling that expansion beyond . It lasted very briefly. And now I haven't been able to recreate any of that. And so, there is more than one question here obviously. What was I really connecting with or doing; why was there that constriction; and why can I not create that again?

LBs: First, let us clear something about the idea that you wanted to share the energies with your guides. Any kind of energy that is not embodied in a dense form does not have the need or desire to share in your dense experience.

Q: Okay.

LBs: They--any of the group energies or the individual energies that have not incarnated at this particular time in a dense body--can share in the energies, in the expansion of love and joy, any time they feel the need or the desire, or it's not even the word "desire," but any time they want to join, it's more of a joining that they do. But it is a sharing in an energy exchange, and has nothing to do with the denseness of your planet.

LBs: So, when you started running the little experiment through your mind, you instantly closed the opportunity to continue sharing in this Oneness because you were trying to make it fit your earth rules.

The hope for each of you will be that you will be able to extend this feeling of Oneness, and as you take a walk in nature you will begin to not be able to differentiate between you and the bird, or you and the tree, or you and the grass. It will all begin to meld as one once you reach a certain point of clarity, of purpose, intent in the joining. It is very possible then that you will no longer ever feel completely isolated and alone; you will always feel there are beings of some sort with you so you will completely diminish any idea of ever being alone. Those of you who have reached that point understand what I am saying, and it never occurs to you that you are totally alone. And when you can reach that point is when you are able then to pull in your guides when they are needed, because they are always available to each of you when you need them, for any kind of information or if you just simply need them to be there as support. So, what you did was try to make it an intellectual pursuit, and you closed the gateway, so to speak, when you did that. And that's why you felt tight in the solar plexus, because you were bringing it in and connecting it with your will, do you understand?

Q: Yes. Yes.

LBs: --instead of leaving the heart chakra open and just enjoying the experience of the Oneness. Does that help?

Q5: Yes, that does. And why am I not finding it so easy to connect again?

LBs: Because you are still very much into the will of making it happen, instead of just opening the heart and enjoying the energies around you, and allowing them to meld with your energy.

Q6: I'm trying to make it happen when I want it to happen, instead of just letting it be?

LBs: Correct.

Q: Okay.

LBs: Concentrate on simply opening the heart; and thinking is not a part of that.

Q7: All right. Thank you. I had a little crisis with my daughter this morning. She did not come home last night or call, nor appear at work this morning. And I was concerned enough that I ended up contacting the police and filing a Missing Person's Report. I tried to connect with her and join with her, and when I did, I did not feel anything that would alarm or reassure me. I

asked Joyce to see if she could connect, and she could not get any clear idea what was going on. Then this morning, I decided to send her light, all the colors to help balance her, thinking whatever she is going through, she could benefit from that at least. And as I got to magenta, I suddenly . . . there was just a change. I suddenly relaxed and felt warmth, which felt like it was coming more from me though. I started to smile, and suddenly I could see her and could see she was crying and thinking, "Oh, my mother's so worried about me," and I knew in that moment that she was okay. I finished doing the colors and called the police to see what he had found, and as soon as I got hold of him, he said, "Just a minute," and handed the phone to her. And what I learned was that it was only five or ten minutes before I called him that she had even learned that I was concerned about her. It had not even occurred to her that I might be concerned about her, even though she was going through a crisis. So my question is, it seemed like I did not connect with her until she became conscious of me, but perhaps I had been connecting before that, but just didn't recognize it, or . . .? Can you explain to me why--

LBs: We can explain very easily what happened. The reason you could not connect, and the reason that Joyce could not get any information, is there was such a great fear that there was no ability to get through that fear. Once you laid your fear aside and began to send the light, you were then able to make the connection.

Q8: Oh! So it was my fear?

LBs: It was your fear that kept you from being able to make the connection, and the fear was so great that it literally put a barrier up.

Q9: Greater than I even realized?

LBs: That is correct. And many times this . . . And also, what made it even more difficult to make the connection is she had her own fears she was wrestling with, and she also had some chemicals in her body that were creating some dissociation. So the combination made it impossible for you to make that connection. And that is something that you need to recognize is that if you want to make a connection with another you must lay all your fears aside, and your doubts aside about being able to do that or it cannot happen. Because fear is a barrier; it is very much like having a piece of lead and trying to get that electrical impulse through.

Q: Okay. Thank you.

Q10: Question: If fear and love cannot be experienced at the same time, and they're both vibrations and one stops the other, is that because fear and love are the same energy but they are completely out of phase, so they cancel each other out?

LBs: No, fear is a very different vibration, a much slower vibration, but it is also . . . it's difficult to explain exactly . . . it interrupts the flow of any other vibration. It builds a barrier. It actually keeps the conduction from happening.

Q11: Is it embodied in the mental field, and short-circuits the entire aura that way?

LBs: When fear is of great . . . we're talking about true fear now, not being startled--that's a different kind of thing--but true fear that actually then engages the mind, and so it goes into all of the planes eventually, up through the astral, the causal, because it . . .

Q12: Does its vibrations stay at the same frequency while it goes up to the causal?

LBs: Yes. Yes, but this gets a little bit more complicated. When you send out a thought . . . You see, you cannot have fear without thought, but you can have love without thought. Love does not go through the process of thinking. But fear goes through a process of thinking. Do you understand? And we are not talking about the kind of fear that [you experience] if you are walking through the woods and a lion jumps out at you. That is not fear as we are speaking of it; that is a reaction to a true experience and you know your body is in danger. But you can't know that without thinking it. So, in reality, any kind of fear is connected with thinking. Does that help answer--?

Q13: Yeah. Does the strength of fear the mind vibrates with overrule the non-thinking, higher vibration of love?

LBs: It doesn't "over-rule," but it interferes with the connection.

Q14: So the experience of love is disconnected?

LBs: You're unplugging from the Source when you allow fear to plug in.

Q15: So the vibration of love is coming down from the higher Source to the heart, to us, and that's where it's cut off? It's cut off on the way down?

LBs: It's an exchange. The heart sends the love vibration, and it goes all the way up through the seven planes and then bounces back, back and forth. Fear goes up to the causal [4<sup>th</sup>] plane and bounces back. So, if you send out fear, it comes back to you, back and forth, until you stop that pattern.

Q16: The other day while in a session, I ended up being able to make a tone as you, the Light Beings, suggested. You told me to go home and see if I could figure out what the note was and then look for some classical music that was playing in those chords. Was the note that came out of me, that you said was my note and would help me balance myself, a C sharp?

LBs: It was in the C range, and you may find that the sharp is a little bit closer to what feels exactly right for you, but anything in that C range you are going to respond to. So even if you get music that is just written in the key of C, you will find that you respond to that from your heart area.

Q17: Well, I've always been drawn to minor chords, so that's why I'm wondering if it was C-sharp.

LBs: C-sharp would be a little closer to your tone, but I'm saying . . . what we're saying is that you can . . . it can be the C sharp, but you are also going to respond to C.

Q18: As much as B, which is just as close to C as C-sharp is?

LBs: Uh, yes, you will respond more to C.

Q19: Okay. That's helpful. This past week I felt as if everywhere I went was like bouncing into a wall, whether it's with each child, my job, my dad. Everywhere I go, it's almost like a feeling of you get off work, and you drive home, and you pull up in the driveway that you've been in for ten years, and all of sudden you notice the curtains are different and there's a different car and you realize, "Oh; well, I guess I don't live here anymore." I mean, I feel like I'm being squeezed out of the old me or something. And the energies that come with that feeling, not only for me, but

the people around me, it feels so peculiar. And I'm hoping you can speak to that and help me have some frame of reference for that, because I feel like I'm just kind of floundering.

LBs: Everybody picks a different way of experiencing a changing of energies. [Q1] picked her particular way at this point because she's changing some energies, walking into that more intuitive, childlike way of experiencing life, so she brings in the energy of "child." With you it is more a peeling off of clothes that do not fit any longer. And so, what is happening when you are, as you say, with everybody that you are coming in contact with, feeling this barrier or this inability to feel as comfortable as you always have, it's because you're no longer playing the same part.

Q: That's true.

LBs: And as you begin to peel off these old costumes, and you aren't quite sure yet what part you are going to play next, you're really in that very awkward stage of being naked.

Q: That's what it feels like.

LBs: And many times you have dreams--of course, everyone has dreams of being caught in that particular situation, and you are always embarrassed and wondering how you are going to handle it.

Q: Right.

LBs: So that's what you are experiencing right now is you have finished this play and you've taken a new script, and you're reading through it, but you've not quite decided yet what costume is going to be best. And until then, you are going to be wandering around in your underwear. You're going to be presenting yourself in a way that others are not comfortable with. So, simply smile and say, "It's their problem."

Q20: Well, it sounds easy but one of those places is my job. Each day it's almost like it multiplies, double the obvious fact that my boss and I are not in sync anymore. I mean, I'm not doing anything differently, as far as my actual work, than I was six years ago, or seven or whatever it is, but it's like we just don't hit anymore. And I need my job, I think.

LBs: He's really not comfortable with you coming in without clothes. [Group laughter]

Q21: No he's not. Why is he so uncomfortable with that?

LBs: Well, he's used to seeing this lady come in that is dressed as a banker, and now he's seeing her come in without that costume. He doesn't see it, as you say, in the work you do. But you see, you wear your energy, and he is reading your energy, and he absolutely is not comfortable with it. It's not that he does not like it.

Q22: Why is he threatened by that?

LBs: That is a very typical way that one responds if one does not understand what is happening. And you see, he does not have the benefit of watching you in your personal life, with all of this learning and changing you are doing. And so, all he sees is the fact you are walking in without your clothes on. He doesn't know why you decided to ditch the costume, do you see? So, do not expect him to make that transition, because he doesn't have all of the facts.

Q23: Do I read this as it is time for me to find another job or quit or . . . ? I mean, it's very awkward. I'm getting to where I'm going home each day with a tense stomach, and it's like, this doesn't make any sense anymore.

LBs: Is he aware of your added stresses that you are dealing with at this time?

Q: He is very aware, and not as supportive as he used to be of these things.

LBs: Then it may be . . . One of the things that each of you in the group, and you are not going to particularly want to hear this, but one of the things that each of you is going to be faced with in the next six months is how you are going to deal with honesty. And it may be that you are at a point now where it is going to be necessary for you to ask him to listen to you, and let you explain why you are appearing different.

Q24: I did, yesterday, or the day before, with the Human Resources officer. We had that conversation.

LBs: And you do not feel that it really penetrated?

Q: He's less comfortable now, two or three times, than before.

LBs: Then there is nothing that you can do except use the exercises that you have learned working with color, and that can be extremely valuable to you. When you enter every morning, immediately picture him first in pink light, and then send him a wedge of green to the heart, and then leave it at that. And then, as you continue your work, surround yourself in pink light and then in gold, so that you can transmute any energies that he is not sending with love. And you will find you are much more comfortable.

Q25: Okay. I have one more question. Why did my grandchild come early?

LBs: There is a physical reason for that. Your daughter was not in the . . . we will not get into that in detail, but there was a good physical reason that if he wanted to be able to stay in the embodiment of this particular body, it was either leave at that time or he would not be able to stay. And so, that was the decision that was made.

Q26: So in other words, he could have died in the pregnancy or it happen the way it did and come early?

LBs: Yes. And it still is in the balance, as you know, but he is working very hard at staying in this body.

Q27: I have a question about the grandson, because we were talking about music earlier. Can we put like dolphin music in, if they allow that, so he can hear it, to help him?

LBs: That would be extraordinarily helpful to have . . . Even if they will not allow dolphin music, talk to them about some of the available sounds of the mother's heartbeat that are available. That would be of great help.

Q: Thank you.

Q28: I'm fixing to move into a new house and getting really interested in the colors there, working with colors and understanding how they work. Is there a particular color, as far as

painting my rooms, surrounding myself with the right colors that would be good for me at this particular point, and what would be the right colors for me in this house?

LBs: Yes, we would be more than happy to work with you on that. It is definitely of an advantage to paint the room the color of the vibration that you are going to want to have in that particular room. So, come back with the rooms, each of them, after you have done this: Take each room, decide what you want to do in that room and how you want it to feel. And this sounds simple, but you may find you will need to do a little written exercise with each room of "I want this to feel like . . ." and decide how exactly you want it to feel. And that will determine, then, the color. For instance, we can give you an example very quickly on the bedroom. You obviously want the bedroom to feel soothing, calm and to induce sleep; and so, you want to stick with more of your blues, your lavenders and greens--pale greens. Those would give you more of that kind of inducement for sleep. If you, for instance, decided you really liked yellow, and you painted your bedroom yellow, you are going to find that the stimulation is not going to be as conducive for the sleep pattern as you might want. So, decide what each room wants to feel like, and then the colors will be very easy to be chosen.

Q29: Okay. Thank you. The other thing I have is, I have a really tough time with transitions in my life, and it seems like we're talking about that here tonight with a couple of the other questions. And I guess I'd like to know what I can do for myself in this transition, because I feel like I'm moving from one stage of my life into another now, and I'd just like to know if there is something in particular I can be doing that would make this easier for me.

LBs: Yes. The first thing to do is to sit down and be very honest with yourself about what your fears are about the transition, because that is what stops most people. As we were speaking earlier about fears, that is what stops most people from being able to make the smooth transition. It is not that they need the struggle, but they have certain patterns in their life that they are convinced must remain in their life, and when they see that slipping away, they begin to create a fear base. And that fear is what sets up the obstacles for the transition. So, if you truly want to make the transition easier for yourself, be very honest about the fears. And then, once you can bring them to the surface, you can start working on them one at a time, recognizing how really valid they are, where the fear comes from, is it a pattern that you set up early in your childhood, or is it a pattern that might be of a past life, or is it a pattern that you've just set up recently? And once you begin to recognize the basis for the fear, it is much easier then to bring it out into the open, dissect it, and dissipate it.

Q: Wow! Thanks! [Laughter] That's really good.

Q30: I feel like I'm stuck right now. I've not located a job, and my benefits are coming to an end. Can you give me some direction?

LBs: We will tell you to take into consideration what we just said to [Q29], because a lot of your fear is stopping you from being able to open the door to the very thing that is going to bring you the most joy. You know deep in your heart that there are some things that you are capable of doing, but you are fearful that your physical body may not stand up to it, or you are also fearful that it may not bring in enough revenues. So, sit down and write down all of your fears, and see if you cannot recognize and bring to the surface what they are about. And then write down everything that you can think of that would bring you joy. And as you begin to do this, you are going to get more and more clarification. Pick two or three of those, and begin to search out people who can help you in pursuing them, and within another two or three weeks, you will have a clear plan for at least one of them.

Q: Thank you.

Q31: I have a question about a piece of glass I brought in with me, because you guys told me it would be great to have a piece of lavender glass to help with my head injury. I'm sure that it is probably exactly what I needed since I've got it in my hand and I don't really know even how I got it, because it was amazing that it came to me. Because you said "get a piece of glass that's lavender color, and put it over your head and sit with the sunlight shining through it on your head, and it would help heal my head injury; and I received it! So maybe I guess I just want to show it to you [laughter] and see what you think! [Group laughter]

LBs: What we think is that you went one step beyond getting the lavender that we suggested for the head injury and jumped right on to the next step. You are truly serious about making this quantum leap, and the glass that you have in your hand is of a magenta color, as opposed to the lavender that we suggested for the healing.

Q: Right. The guy couldn't find the lavender.

LBs: Correct. And you still can get some lavender to help with that. You might talk to [moderator] about that. He can probably help you. But what you have received is taking you to a higher level of receiving information. If you remember, we spoke to you about your childlike ability now, to tap into your intuitive ability. This will open the crown chakra even more for you to receive that information. So use it as a meditative tool and it will be extraordinarily beneficial.

Q32: When I'm using it, should I think about it healing where the car roof hit my head?

LBs: Yes, that will definitely help with the etheric plane. Yes.

Q: Okay. Thank you.

Q33: Question: How is it on your side of the veil?

LBs: How is it?

Q34: Yeah. You're always talking about what's going on over here. What's it like over there?

LBs: What is interesting is the question, because that is something that never occurs to an energy on, as you put it, "this side of the veil" to check in as to how it is. It just is. So, we aren't trying to make it any one thing or another. It's accepted, whatever is. That's why we have been able to be so patient with you. [Group laughter]

Q35: And we appreciate that. I recently read that sixth-dimensional beings, and those 6<sup>th</sup> dimensional parts of us that are incarnate and also outside the body, have a wonderful agenda of finding ways to present peace in every possible situation on this earth plane. Is there this peace agenda?

LBs: We haven't used the word "peace" because that seems to be . . . we consider that the end result of behaving in a different manner than most earth beings presently attempt to do. And so, what we have concentrated on more is changing your social order, so that the entities can become more conscious of how to effectively behave in a manner that will show unconditional or experience unconditional love; and then peace is automatically an end result.

Q36: So you have also gone the extra step?

LBs: That is correct. We know that first, you must correct an idea about what "peace" . . . what it takes to make peace. Because so far, the way the entities on earth have approached trying to obtain peace hasn't worked, and the reason is there has not been that change in consciousness.

Q37: You have to know what it is in order to understand it.

LBs: You have to understand that peace cannot exist where there is fear. And the only way that fear is going to be dissipated is through the raising of the consciousness and through the social order.

Q38: So it's really sort of both combined. You change consciousness as well as action in the world. Action is combined with consciousness, and they sort of reinforce each other? Is that correct?

LBs: Once you are exposed to someone who has worked at raising their consciousness, you are aware that the entire energy surrounding that person is different. If you knew them before they reached a certain point of growth, you even recognize that they feel differently when you are with them. And so, there is an internal-external change, not only in the way the mind is working but the entire etheric field is changed. And so, that consciousness-raising affects whom ever comes into their field, and there is a slight or great change, according to how much the entity who is exposed to that field allows to come into them. And so, it becomes like a domino effect or the rippling of the water. And so, that's how the changes are made. So it's more of the consciousness first that must happen before the action can take place.

Q39: The perception of 'who we are,' that which actually seeds and grows, expands our consciousness, resulting in actions that foster greater perception. And I don't mean perception only through the senses of the physical body, but that greater conscious awareness.

LBs: Yes, and one of the things that you might contemplate, because I understand you are beginning to run out of time, but one of the . . . time for this evening, on this earth plane [Group laughter] . . . but one of the things that you might want to contemplate this coming week or two is how you can awaken one to having the intent to raise their consciousness. Because that is going to be the secret to your success at what you're endeavoring to do here is learning to awaken one to the intent of raising the consciousness.

Q40: Yes. To show them the way, and to find ways that their motivation naturally brings to them that heart desire.

LBs: To put it in a really simple, mundane way: to teach them how to have fun on this earth!

Moderator: Thank you, Light Beings. That certainly is something important to ponder.

LBs: Thank you and we can really see you moving forward now.

Group: Good night.

LBs: Good night.

[End of session]

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