

Light Beings: Good evening. [Group greetings] You have certainly increased in numbers tonight, and we welcome all of you. We are more than happy to be a part of the energies that you are supplying here, and hope that each of you feels comfortable in speaking and asking anything that is of interest to you, because it is important that you give your energy as well as receive the energies that surround you. So with that, we are open for questions.

Question #1: Many of us had a workshop last weekend with Christopher Tims, and I'd like for you to talk to us about his energy. I think most of us that came into his energy field experienced a shift, and not from anything that he said or did, but just from his Being, and my personal sense is that it could be misunderstood. And it feels real important to me that we need to understand that kind of energy, embrace it, and know how to use it responsibly.

LBs: Yes. You are asking a question that is of major importance to those of you who are willing to make that next step forward in opening and connecting directly to the Source, because what you were feeling with Christopher was that of an energy that has learned to open to each individual unconditionally, without judgment, and that energy is very different from what you experience with most that you come in contact with, because most entities have a judgment about you before you enter their field. And that judgment may not be severe, it may not be detrimental; it may be a very pleasing kind of judgment, but it nonetheless is a judgment.

When you meet someone, you tend to think immediately about what they're about, how they feel, are they attractive or do they feel warm or do they feel cold, are they safe, do you want to be in their energy. You start making a lot of judgments. Christopher has the ability, with his work that he has been doing for many, many years, to be able to completely eliminate that little pattern of judging that takes in, inputs all this information that has nothing really to do with soul-to-soul contact. And what you experienced with him is this soul-to-soul contact, heart-to-heart contact, and a contact where he actually connects with you on every chakra level. And that is why sometimes it can be misinterpreted as something other than what he really is presenting to you, because it is not understood; it is not experienced often enough that it is understood. Normally when this kind of connection is made, it is normally with someone with whom you are intimate. And in his particular case, he connects with every level and brings an intimacy into your relationship on an immediate basis. Do you understand? ["Yes"]

It is what you are labeling, at this point in your growth, "unconditional love" to a great extent, except that it is not quite that, but that is the closest terminology that you probably could give it as far as a label that you would understand at this time. It is something that is more than that; it is a connecting that he has learned, through his techniques and through his work that opens you. And you said you experienced, or you felt there was a shift when you came into his energy field.

Q2: I think what happened was that by his being that, he just mirrored what was already in me.

LBs: He allowed--

Q3: --and brought it out.

LBs: Yes. He allowed you to open in a very similar way. It was safe. And anyone who has done a lot of work in learning to drop the judgments, the labels, the needing to put people in a box--and that's what most of you do. If you stop and think about all the people you know, you put them in a certain box: they're open, they're giving, they're selfish, they're this, they're that. But you have put them in a box, and you don't just say, "They are the divine," which is what

Christopher was trying to explain to you. And that's the connection he makes on each chakra level. Now it doesn't mean that he does this 100 percent of the time, but it means that when he is relating to you on a one-to-one, very frequently that is what you are feeling.

Q4: I felt somewhat nervous this weekend with that energy, and it is because of some trust issues with me. It seems like most people have a fear of that real intimacy.

LBs: Yes. And most are afraid because it is unfamiliar. It is not something that you are able to experience on a daily basis.

Q5: It is rare.

LBs: Rare even for your partner, because when you are in the same abode with someone or in an intimate situation with someone, there are always certain pieces of you that you don't give, that you keep for yourself because of fear. And Christopher is out there with that; there is no part of him that he tries to keep for himself. Do you understand?

Q6: Yes. That was a real powerful example for me.

LBs: And each of you is very capable of that, and it is the most freeing possible way, the most joyful way, one can exist on the earth plane, because without those judgments that you continually are putting up--each of those judgments creates a barrier and also is an energy drain, so once you can eliminate that, there are many, many less situations where you will feel a drain and there will be much more energy available to you. Does that make sense to you? ["Yes"]

Q7: I perceive other people coming into my life now differently than I used to. I see them as 'awake'.

LBs: Correct. What you are seeing now is that this person . . . you are seeing more of the soul, you are making a soul connection and a heart connection. And when you do that, you are not really concerned about why they express their personality in the way that they do. Because that's only a costume they have put on for this incarnation that they can shed at any moment and try a new costume if they like. So you are seeing them without their costume when you can say, "They're awakening." Yes. That is putting them in a totally different situation than, "Oh; they are behaving in such and such a manner," which is a judgment. It's a much more exciting way to experience relationship. Much more exciting, because not only is it freeing you and giving you more energy, but it also is mirroring to you what you are. You are seeing more of who you are; you are seeing more of your own facets.

Q8: When you talk about "awakening," are you simply allowing that person, that soul to be who they are, without any preconceived ideas? Could you explain the "awakening" you're talking about?

LBs: You see, the universe, the way it is set up, is that what you perceive reacts to what you perceive. In other words, in your quantum physics, your viewing changes what is being viewed. And so, you cannot recognize anything in someone that is not present within yourself, whether it is something you consider good or bad, do you see? You cannot see something that distresses you in someone unless you, yourself, have it within you. You may not want to recognize it, and you may not want to own it, but it is there or you could not recognize it, do you see? ["Right"]

Do you understand that concept? [Group affirmations] So that's what she is meaning by "awakening." She realizes that she couldn't . . . she sees in them what she has already experienced in one way or another, maybe not even at a conscious level. And she honors that in that person. Because we are all at different places, and one of us may have learned beautifully how to connect in the heart area with someone but still have difficulty with the root chakra, where someone else may connect easily physically, with the root chakra, but has great difficulty with the heart chakra. But each entity has experienced that at some time, those situations. We are as . . . When we try to explain to you, words get in our way many times, because what we see is energy. But there is no energy pattern that you experience that you also do not give out in some way.

Q9: Way back in group meeting 4 you said that sunrises and sunsets provided full-spectrum light, so that anyone who was outside during that time would benefit physically, their field would benefit from it. You also said the effect of sunrises and sunsets was double when the sunrise and sunset was over water. Why is that?

LBs: It's the energy reflection; that water enhances the experience, magnifies it, so to speak; creates a larger field.

Q10: So you're just saying it's simply the more coherent light being reflected off a--

LBs: It's simply the physics of it, yes. It broadens the experience.

Q11: I was told that some of the energies that are working with us now on this plane are the Melchizedeks' energies and Mary energies, and it is the love, pure love energy.

LBs: You are . . . of course you chose this time, but you are living in one of the most exciting periods that this planet has experienced since the Atlantean Age, because many of the, much of the energies that have not been accessed for many, many, many thousands of years are being made available to you again. And what you are speaking of is part of that. The love energy, the pure love energy, has come through various avatars and teachers and masters throughout the centuries, but only small groups of people were able to access the actual experiences with the entity that embodied that love. And then, once they left the plane, their energy was left and much of that was passed on for a period of time, but unfortunately it began to dissipate through the decades, and so, the purity of it many times was no longer present. Now this energy is being directly transmuted to you through many, many channels, through many guides, and through many different ways of giving you the energy, and so, you are correct that some of it is coming through as "pure love," as you explained; that type of energy. But some of it is coming through in an energetic way that is more of a physical nature, or of a physics nature, so to speak. And there is much, much information available, and many of you are capable of receiving it yourself if you can be still enough.

Q12: Is love an energy that can be created technically?

LBs: No. Love is never extinguished. It is continual. And it is a matter of simply allowing for the energy to flow. That's all you need to do is open and the love is always there. It's a part of the universal flow.

Q13: Is that the free energy that's out there and we're all seeking?

LBs: Correct. And it's available. It's only you that stops it with your energy blocks.

Q14: How do we best multiply that?

LBs: By opening to it, of course, is learning to drop all blocks, whatever is blocking you from receiving it. To multiply it is to connect with the heart and allow that heart to expand to whatever or whomever you come in contact with. If it's a blade of grass, an ant, or a human being, it's the same love energy that you expand, and so, it is then radiated back to you and back again and expands more. And then those that it radiates to, it bounces back and expands more. And so, it is like the ripple effect. So, once you open that heart to expand the love energy, it automatically will bounce back and forth, as we explained how your thoughts bounce back and forth from the Source, and that's the same kind of continual energy.

Q15: Give us some kind of idea of what needs to be done, and what can be done by us.

LBs: How do you feel about creating world peace?

Q16: Oh yeah! [Group laughter] I like that.

LBs: That can be done, and it can start with a group this small. Just what [Q14]asked is learning how to multiply it, and the way you do it is by first understanding the principles of how energy works and then putting those principles into practice in your own soul and heart. So it is actually working every day, every moment of your life, so that everything you touch and come in contact with has that ability to receive or is able to receive through your very being. And once you create that kind of ability to manifest this energy and then you bring yourself together as a group and start looking at ways that that information can be given and taught, from there it begins to ripple out and there will be . . . you are familiar with the hundredth monkey syndrome? ["Yes"] It is very much the same thing only it can happen very quickly, if enough of you are willing to work long and hard enough. And it does take work; it takes learning to discipline the mind and the thought patterns, it takes a lot of examination of your own inner being and what kind of energies you are allowing out into the universe, and it takes honesty, not only honesty with the other person, but total honesty with yourself. And if that commitment is there, then it can be absolutely amazing what you will be able to put together as a package. And then, if you really want to know where this could go, you would be capable of going into everything from the school systems to the medical systems, presenting this knowledge in ways that would be acceptable to them, so that they would be open in a way that would expand their own way of healing or their own way of teaching. And the results could be phenomenal. And it could be done much quicker than you can envision tonight. Does that help you see what can be done? ["Absolutely"] It's a matter of commitment to wanting to grow your own soul and open your own heart, and if you are willing to do that and enough of you--and when we say "enough," we're not talking about hundreds; we're saying that if a dozen or two of you pulled together with the same pure intent, it will expand so rapidly--to answer Scott's question about how to multiply, that is how you multiply.

For instance, this weekend, those of you who were here could feel the expansion of the energy as the day went by. That was unintentional expansion. Think what could happen if it was intentional, if you were directing it, focusing it. And then if you start using the tools you are given, and are going to be given, to expand in ways that you can go out into the work place, go out into the medical field, go out into the educational field, go out into the government, the changes can be more than you could ever envision at this point in your life.

Q17: I recall how the comments you made about Sept. 11 in our first meeting really helped to settle us about how those events did not need to happen. Our administration is trying to sell us

a war based on fear, and I just wish that, even as small as we are, there was something that we could really actually affect, as peace-loving people, to prevent anything of this nature.

LBs: There is. It is a matter of, again, your own commitment of never allowing one fear thought come into your own energy field. And every time that you hear or see anything that is of a fear base, or is talking about entering into anything as uncooperative as war, then you simply immediately surround yourself in gold light, so that anything coming at you can be transmuted, and then send out, from your heart, white light to all that would be connected. Surround Bush and all of his entourage with white light. Send white light to Iraq--and you can actually send it to the entire country. And the more you can do this, and the more of you that are willing to do this, the more it can help diffuse the situation. And you will not be the only ones who will be doing that. There are light workers all over the globe that are doing the same kind of work, maybe some in different ways, some in different forms of communicating it, but the light workers all over the globe are recognizing the great need to step out and dissipate the fear. Does that help at all? ["Yes"]

LBs: So if each of you do that it will be most helpful and it will radiate out, and even those that are within your own vicinity will begin to pick up your lack of fear, and that will radiate to them and help them in their fears, to dissipate their fears, because as long as there is open love, fear cannot exist.

Q18: You said that we can all send the energy of light, love and colors to certain people, but if they're not open to it they won't receive it. It's their choice. Iraq is a dictatorship, a military dictatorship, which is built on fear. How can we get through to them, and is it our right to get through to them. I mean, how are we going to stop them?

LBs: Can you understand that Iraq is made up of individual souls with the same hopes, dreams and fears that you have? Most entities, unless they have completely cut off from the Source, are open to white light. So, even though they may be fear-based, they are still open to receiving, and they are individual entities. This is one of the greatest mistakes that one can make is grouping individual entities together as a whole and assuming they are all the same. They are not, no more than any of you is the same sitting here in this room. Each of you has your own individual fears, your own individual issues to work on, your own individual ways of dealing with love. And it is the same the world over. So you may not be able to touch everyone, because there will be some who will have completely cut off from the Source. But believe that they are in the minority. The largest group in the Iraqi nation wants peace as much as each of you.

Q19: But in a military dictatorship, the system is stronger than the individuals that comprise it, and we're talking about personalities. Is that not correct?

LBs: That is not correct, never is a system stronger than the individuals.

Q20: Look at how powerful our system is.

LBs: And the individuals yet have . . . Do not concentrate on the belief systems of a nation. Concentrate on the souls of the entities in that nation. Forget the belief systems. They are not important.

Q21: I'm curious about how you can send somebody white light. What does that really do? What are the mechanics of that, when you are sending somebody light? How does that change a situation?

LBs: If you want to get into the physics of it, more or less, or the scientific basis of it, more or less, you are really putting out a thought that is completely void of judgment. It is as close to pure love, pure light is as close to pure love as you can get. It is void of any kind of judgment. Do you understand that? And thought is an energy. So, what you are really doing is sending an energy out. So, the reason we suggest white light is because that clears your field and allows you to open with love. Do you understand? And so, what you are doing is sending energy. It's not just the vision of light, but you are truly sending energy. And if you really want to experiment with this and see how it works, we have suggested before that you go into a grocery store and pick the grumpiest clerk that you can find, and stand back for a moment or two and send that grump pink light and then white light, and then go through the line and be surprised.

Q22: I had a situation with a customer the other day where I had a bad attitude and he had a bad attitude, and when -we talked on the phone. When I made the physical call I envisioned covering myself and him with gold transmuting light and it seemed the situation changed! Sometimes I get confused about, "Which light should I use?" [Group laughter] But I did notice a change with the gold light.

LBs: Let us clarify a little bit then your colors for you. When you cover yourself in gold, what you are doing is, what is being sent to you is being transmuted so that you are receiving the essence of the soul, instead of receiving all of the barbs that go with it. When you are sending white light, you are sending out a love energy, a clear energy, saying to that person that is receiving it, "I accept you completely." Do you understand there the difference? When you would want to surround someone else in gold light would be only when they were being barraged with something that was of an unpleasant nature and they needed to be able to transmute that energy. Gold is more of a transmutation kind of light, so to speak, where the white light and the pink light is the sending of love energy, and pure Source energy. Does that help? ["Yes"]

[BREAK]

LBs: Welcome back. The energy here has made a shift, and it is interesting to us exactly what has made that shift. Has there been some kind of . . . should we say "energy change," or is it that everybody has just been contemplating what has been related?

Q23: I'm not sure I understand what you are perceiving.

LBs: Normally when we come back from the interruption of the transmission, there is a very high energy, and the energy is very subdued right now.

Q24: I think it is the topic that was talked about before we started channeling again.

LBs: You are perhaps very correct in that, because even though you are aware of what the possibilities are in using techniques and using light, there is a difficulty many times in setting aside the fear that is connected with the word "war." And that is something that needs to be examined by each of you as you do your daily chores, as you listen to what is going on in the world. And the moment you recognize a fear, whether it be a thought or a simple tightening in the gut, it reacts the same and the energy goes out as such. So, it is your responsibility to monitor what you allow to be sent out to the world from yourself. So just be aware that if you allow this fear to expand, it goes out as energy, and it can be as detrimental as the light that you send can be of a positive nature. Do you understand that concept? [Group agreement]

So, what we experienced with you was that many of you--stop at this moment and take a deep breath, and you will find that you are somewhat tight around the solar plexus. Is that true? [Various responses] Those of you that were tight have a subconscious, uncomfortable feeling surrounding the conversation that transpired, for whatever reason. And so, now take the same experience and focus first on the solar plexus and take a deep breath, and with that breath, breathe in pink. Now exhale the pink out into the group. Move up to the heart chakra and breathe in green. Exhale that green out to the group. And now, so that communication opens completely, breathe in blue. Exhale the blue to the group. And now, to connect with the Source, breathe in white light through your crown chakra and let it go all the way through your body and down into the earth. Bring it back up from the earth and all the way through the body and out through your hands physically. And do you feel your hands heating? Now feel your solar plexus. Is it relaxed?

Q: I feel the difference in the energy in this room.

LBs: So now, surround the entire group once again with pink light . . . and then with white light. And seal the entire room in a bubble of gold. You can now release and transmute any fears that you have had for the evening without it being of detriment. And any time in the following weeks, you can think of it. You do not have to go through every step, but start with the pink light, the white light and the gold, especially if you have been exposed to the fear of the news or the television or hearing people talk and you find yourself tightening in your solar plexus. That is always a sure sign that fear is present, when you feel a tightening in your gut, so to speak. That means that you have allowed fear to be present. It can be there many times on almost a subconscious or unconscious level, but you can touch base with that solar plexus and find out exactly where you are in something. Is that helpful? [Group agreement]

Q: Yes, yes, very much, thank you.

LBs: Okay, we open now to any questions that you might have.

Q25: In meditation I have learned how to create and use phrases that incorporate praise, gratitude, love, and compassion to build a bridge between the soul and the emotions, or the heart and the mind. And I would like to present it, but I would especially like for that to be, if need be, modified to be of the highest use.

LBs: Yes. And we can tell you now that any time such words as love, gratitude, praise, any of that type of energy is attached to a thought process, or to an energy, or sending of the light, it is like sending it express mail. It has much more power. So it could be of great benefit to tie those two kinds of energies together and use them in almost a package deal. So it would be very beneficial for you to present and let people begin to experiment with those feelings attached to those words.

Words . . . It is going to become more and more apparent, even in the scientific field, that words have a certain vibration. Each word that is spoken has a particular vibration. And it is very necessary to choose your words in such a way that the vibrations you are wanting to send forward are attached to the correct words. It also, of course, has to do with intent, but words themselves, just as your name, have a particular vibration. It was of no accident, for instance, that your name was chosen for you, because it had a vibration that attached to your being. And that's why it's important that you use a name that was chosen for you, as opposed to some nickname someone attached to you. So, it would be beneficial for you, and we would highly recommend that you share that information.

Q: I'd be happy to do that.

LBs: That sounds like a wonderful way of opening to the vibration of words and a way of pairing that with some of the techniques that you've already begun to learn. And the more . . . What you are going to begin to find out, as each of you is studying in your own way and searching out information, is that there are many, many things out there that can be used as tools to help and aid you in moving forward in building the kind of energy that will be necessary to create the field that will be needed for you to make the progress that you want to make. And you will learn how to do that much as you learned to tune a radio to get a specific channel. That is what you want to be able to learn to do with energies is to tune into a particular energy so that it can be of benefit in a way that you . . . we will not use the word "control" but at least you are consciously aware of. It's not something you are just doing at a subconscious level.

Q26: Are symbols an effective way to access a particular natural vibration?

LBs: Some people can focus by using a symbol; they relate that symbol to almost like being a key in a lock. And if you use the symbol in that manner, it can be very effective for you. Some people do not have the same result; their key gets stuck if they focus too hard on the symbol.

Q27: Is that just a matter of how we would better process a different mode?

LBs: Correct. Some people can process easier by auditory kinds of triggers; some people can process better with a mantra or a word that they have learned, as opposed to a symbol. So it is a matter of the way one processes. It is very important to recognize that everyone does not process or receive in the same manner.

Q28: I have used a simple practice of chanting out loud, or resonating the Sanskrit vowels as the petals of the chakras from base up, with an audio tape. It has been one of the surest ways to expand my consciousness. Of course, that's just another mode for me to be able to change gears, shift frequencies.

LBs: Yes, we are anxious to work with you, and when we say "you," we're speaking of all of you; working with your voice in various ways, because the voice is extremely powerful, because it resonates you from the inside. And so, if you can learn to use your voice in chanting, in toning, in singing, in speaking even, you are resonating in a way that you cannot get from an outside source. So that is one of the things that we hope to work with you on and hope you will search out, those who are doing work in that, and bring it into the group, any of you that find information on using the voice, because that is going to be an important part of your work. Because eventually, each of you will recognize that even the way you speak to someone, the resonance that you have, affects their energy.

Q29: Is there a sound, or a pattern of sound that would tap you into the Hall of Records?

LBs: There are many ways you can tap into the . . . you are speaking of the records of your entire history?

Q30: Yes. And there are different histories too.

LBs: Yes. And there are many ways that you can tap into that. We will say to you that there is nothing wrong with that, if you feel that need, but we would recommend that that not become a focus, because that ties you to energies that may not necessarily move you forward in this incarnation.

Q31: I was told by someone very recently that it was the safer place to be time-traveling from, because you were more protected in that space.

LBs: We would highly recommend that anyone who does time-travel do quite a bit of research before taking off, launching yourself, because there are areas you do not want to travel in, that would not be of benefit to you. Question first why you are doing the time travel. There are--

Q32: Well, I think I've already done it, not intentionally but it just happened.

LBs: And that does happen many times in the dream state.

Q33: It was not in a dream state. It was in an aware state.

LBs: Yes, well that is certainly possible, but it is something that if you are going to continue with that, to do some research and be sure that you are very comfortable with your map that you are taking with you--

Q34: Then there is not a particular sound; is that what you're saying? Other than the cautions--

LBs: Correct. There could be, if you set yourself up to be triggered by a particular sound, but there is not a universal sound, if that's what you are asking.

Q35: It would be my own creation?

LBs: Correct. It would be an individual kind of thing.

Q36: You told us that the events and the energy changes through September were going to be a kind of a rough ride. Do you have any advice or any comments for us for the rest of the month?

LBs: The energies are going to continue to be rather chaotic. Most of you are experiencing various things. Some of you are experiencing almost like a speed-up, like things are getting out of control; you're going uphill and downhill faster than you can take them. Some of you are experiencing almost dead stillness and not being able to move in any direction. And some of you are experiencing mood swings. Some of you are experiencing extreme fatigue. This is all a part of the energy shift and it depends on where you are in your learning, in your progression of dealing with the energies, how you will deal with the next upcoming weeks. But the main thing we would recommend for any of you, regardless of what you are experiencing, is to take the time each day for at least a few moments during the day--morning, afternoon and evening, even if it's just five minutes--to center and get a real sense of the earth. Take your shoes off, walk in the dirt, feel the grass, but connect with the earth and ground yourself. That is very important, to center and ground for the next few weeks. And that brings you back. Does that help at all? ["Yes, that does."]

Q37: A minute ago I was experiencing something with energy that I'd never quite felt before. I don't really have a lot of fear about flying, or about war or those kinds of things. But what I noticed with the conversation was that the energy on one side of my body felt kind of being anxious and afraid, and it actually felt like I was caving in on that side. And I didn't know what to do with myself except close my ears, and that didn't help a whole lot. What's happening, or can I do about this? Evidently I'm more open to energies than I was a week ago.

LBs: Let us explain what happens as you begin to open to energy. You do not have to be afraid to experience discomfort from someone who is afraid. And you may not be able to read what that experience is, but at that caving in that you felt was that energy that was coming to you unwanted, so to speak. And you didn't know how, because you didn't think in advance, "Well, I'd probably better go ahead and surround myself here in gold right now, because I don't really like what I'm hearing. I think something's going to be coming down on me here that's not going to feel good." So, you didn't think about that, but you will get to the point where immediately, when something is coming up that doesn't . . . that you feel a tightening or that doesn't particularly feel good, you will surround yourself in gold, and with white light perhaps, and you won't feel that hitting you then, because it will be transmuted and basically sort of bounce off. But that becomes more or less a habit. Try this when you . . . I know that many of you have been in situations in restaurants or grocery stores or retail stores where you're in a group of people and you're feeling a lot of unpleasant energy. Try immediately seeing yourself surrounded in that bubble, and watch how people sort of move away from you. Nothing has to be said. They will feel that.

Q38: It's hard for me to visualize surrounding myself in gold. What's another way I can do it?

LBs: Well, a good way for you to start developing that ability . . . Everyone has that ability. Many we hear saying they cannot see color, cannot see or visualize, but it is a matter of learning to do that. It is a technique. And a good way to do that is to get yourself some colored swatches or whatever will give you color and stare at the color, then close your eyes and see it; stare at it, and then close your eyes and see it. Then stare at the color red, then stare at a white wall and watch its compliment come up. Begin doing this and before you know it, you will begin to picture these colors in your mind's eye, and then it will get much easier for you to surround yourself with color.

Q39: Well, we were just wondering what we were doing in past lives maybe. [Two friends that attended together]

LBs: What were you doing in past lives? That is an enormous question.

Q: In any past life.

LBs: In any past life? Let us say this about past lives. We occasionally do bring out a past life, because for one reason or another it would be beneficial to help you in dealing with the life you are presently in. We do not recommend that one get too involved in what the past life is, because it is all happening simultaneously. That may be a difficult concept for you, but there is no such thing as time. You earth beings made that up. So, what we will say to you is you both had a Greek life, and you knew each other in that lifetime, and in that life you were very creative beings in working in art. You did ceramic tile work, some very beautiful work. And you were drinking buddies. [Group laughter] You had a great time together! [Group laughter] And so it bonded you for many incarnations to come.

And this is what happens when there is a true bonding, whether it be comradeship, whether it be intimacy in a man-woman situation, or whether it be a family bonding; if there is a tight bond, then you become a part of the group energy that keeps coming back many times in the same group. So, not only have you experienced each other in past lives, but you have been a part of the lives of some of the people who are here tonight and definitely have been a part of A's life in a past.

In France, A. actually was what you would call a “matron” who enjoyed the arts, and when her husband died long before she did, she became very wealthy in her own right at that time, and she used that money to take people in the arts and encourage them and give them a way of living while they were learning their trade. And your [present] son A was one of those that you took as a . . . not as a student, but as one who . . . that you were the patron for. And again he was an artist in that life, and a painter. And so, that is where your bonding was. He feels a great obligation even now to you, because you allowed him to be what he wanted to be in that lifetime.

Q: That’s fascinating. Thank you. That does make a lot of sense.

LBs: A. is of a very creative nature, and we would like to say that it is going to be important for you, no matter what you pursue in your life, to maintain a window of being creative. Do not ever allow yourself to drop that part of your being, because that is your flame; that is what has stimulated you in many lifetimes.

Q40: That’s still going on in this lifetime. He’s been told that by many people.

LBs: It truly is his flame. Any other questions?

Q41: Is there a common passion of this group?

LBs: Yes. There is a common passion. It is not recognized by some yet, but the passion is to connect to the Source and to be able to serve in some capacity of service. [Group agreement] That is the passion that brought you together. And that will be the intent that moves you in the direction that will be most beneficial for all that come in contact with you.

Q42: It was a wonderful experience connecting to Christopher, the way he is so open. I want to be able to connect on that level. Should I just pray for the experiences to open me, or are there specific exercises that you could recommend that we could do as a group? [Christopher does ‘Gate Openings’ where he connects one-on-one with others to clear blockages and thereby expand their consciousnesses]

LBs: Yes, and yes, and yes. There are exercises; and yes, it is a prayer, an intent; and yes, there are things that you can do as a group. And all of that will come in due time as you begin to work together. We will be giving you various suggestions that will help open, but not only that, you are going to pull from each other, because there are many of you here that have your own way of connecting to the Source, ways that you have learned in other experiences, in other trainings, and in other past lives. And you are going to bring that information to the group. And as you begin to share this information, each of you will not resonate to everything, but each of you will find specific ways. If you noticed, what Christopher presented was Christopher’s experience, and if you resonated to it, then you had some shifts and you would have some openings. But it demands a certain amount of commitment and discipline to reach the point that Christopher is now presently being able to exist in. And most of that is determined by what you personally resonate to and your determination to continue it on a daily basis. There is a commitment that is involved to become that open and give you that ability to connect at every level with one. And each of you is making your own progress; each of you is moving in that direction, because that is an ultimate goal in connecting to the Source. There is no way that you truly can have a constant connection with the divine, with the One, without experiencing being the One. And so, it will come, but it does take commitment and discipline and conscious thinking.

Q43: When you say "discipline," I'm not sure what you mean.

LBs: Yes. That's what we are saying; conscious thinking.

Q44: With the mind.

LBs: Yes. Not just with the mind. There are exercises that are very helpful.

Q45: Could you share them?

LBs: Uh . . . Yes, we will begin to get into those; there are more than one set of exercises that will work. There are sounds. Using color can be very opening for you, can help with the connection. Using even the tuning forks on a daily basis can help with that balancing. What your ultimate goal is is to first balance yourself, and once you are centered and balanced, then the next step is relatively easy to make that connection with another. But first you must be balanced, and that takes conscious work through whatever method you resonate to. In your particular case, you resonate to flower essences; that's a good beginning for you. Look at what would help you balance on a daily basis, and make sure that you use that in a conscious way. Do you understand?

Q46: You mean as in welcoming it in for a particular purpose?

LBs: Yes. Be very . . . with your intent being to balance and to open, that being your intent. Your intent is of the utmost importance when you are wanting to open.

Q47: So even to be clear every day and say out loud, or silently, "open me to Source"--

LBs: Yes. And start your day with a --we don't care what you call it: a meditation, a conversation with yourself, whatever you want to call it, a conversation with the One, but a conversation that says "I AM with gratitude." It does not have to be complicated. But if you start your day without being of the One, and consciously being of the One, and not being in gratitude, then you are starting out uncentered and unbalanced, and your day will proceed in such a way. So it is important that you start your day with a mantra, a meditation, whatever it takes to center you, and open you to gratitude. Do you understand?

Q: Yes.

LBs: And then, if you start your day with that exercise . . . And the reason we do not give you specifics is because each of you must find your own mantra or your own way of connecting, because you are going to resonate in a different manner. Each of you has your own note, each of you has your own sound, and we want you to find that for yourself.

Q48: So what you're saying is, when I'm learning to connect to my own Source, then it will just happen that I'm open to connecting to others?

LBs: Because there is no "other" once you connect to the Source. "Other" disappears.

Q49: So you're not going to pair us up to stare into each other's eyes? [Group laughter]

LBs: No. It is an individuation of the One.

Q50: Once we all connect, maybe we need to make a recipe book and share it with everyone.

LBs: Yes. That would be very, very beneficial because there are so many individual personalities here that can contribute to different ways of approaching that; that could be very beneficial to the many. So that is a very good thought to hold on to. That's the kind of thing that is of a practical nature as you expand the group and as others come in and want to know how to do what you have done. So that's a very good thought.

Q51: Would you mind again sharing how you told me in private to open my mouth and just let a sound come out, and whatever sound came out was my note, a note I could use to tone and balance myself?

LBs: Yes, we would like to answer that question. It's a very good question to end the evening with, because it will give you something to take home to work with. Each of you has a tone that you resonate to, a note, so to speak, that you resonate to. But you can't think it. If you try to think the note or you try to play notes on the piano and see which one feels good, you're not going to get it. The way to get it is to put your hands on your solar plexus, take a deep breath and let come out whatever tone comes out. And that is it.

[Group toning effort, and laughter]

LBs: Very good! That was excellent. And do you feel the energy? Do you feel the vibration?

[Group] "Yeah, I can." "We've got it going on!"

LBs: That is excellent. So if you will take that tone and work with that, it will resonate you and balance you. Now, you can tone in various octaves and play with it and do all sorts of things, and that's beneficial also. But that one tone, if you do nothing else, can help start your day balancing you. And if you do it while you are in the car, traffic will no longer matter to you.

Q52: Will our tone change as we evolve?

LBs: Yes, the tone does change as you raise your vibration. It may not change very much. but it will change somewhat. So does that give you enough to start with?

Q: Yes. Thank you.

LBs: So we will then close the evening. We would like for you, when you start your discussion tonight, to pick a specific thing you would like to work on next week, and combine that actual work with any channeling that may be done. In other words, the next time you get together, we want to see you do some work, instead of sitting back and letting us do it all.

Q: Homework!

LBs: Correct.

Q53: So pick a topic or an area that we're going to work on, and as questions come up as we work, after we get done, then we do a channeling and ask about it?

LBs: Correct. Or you may even decide intermittently that there need to be some answers, and you can do a five- or ten-minute [channeling] and then go back into the experience. But we want to see you use some of this information.

Q54: Do you have a suggestion?

LBs: We would really like to see what the group has, if there's a unified interest, rather than us making the suggestions. Don't worry; we will be guiding you. But we would like to get the interaction of all of you. You see, we do not want to do the work for you. We want to bring your own interests in, and many of you have a lot of different interests in the areas. So do not mind speaking up and talking about it. It doesn't have to be anything complicated. It may be just a sharing, the first evening, about some of the ideas and the experiences that each of you may have used in the past that have been beneficial.

So with that we say good evening, and we are really looking forward to the next meeting.

[End of session]

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