

Light Beings: Good evening. You have certainly built the energy tonight, and it feels rather relaxed. But also it feels as though you are feeling a little scattered, some of you, and that is an interesting place to be, because this toning you have been doing should normally take you into a very relaxed position, and yet, all of you are not quite feeling that. Do you understand why? Are you aware of that?

The reason that you are feeling this not relaxed as you would think you should be is because you have been in your head instead of in your heart; you have been very busy trying to learn technique. And that is certainly understandable in the beginning. What we recommend always for new learning is to learn the technique so that you are so comfortable that it is second nature, and then you can bring it straight into the heart when you begin. So spend some time learning, but do not concentrate so much on the technique that you forget why you are doing what you are doing. It is very important, as you have been discussing, to understand your intent and the why of the toning, the why of a chanting. And if you do not have that very clear, then you are going to feel scattered, instead of wreaking the benefit of this endeavor. Do you understand?

Question #1: I was making some sounds as described by Jonathan Goldman, and it was as if I could hear much more than just that note. I don't know how to describe it, but I would get lost in something. And I would like to know more about what that was.

LBs: Part of what you, of course, are hearing has simply a scientific basis for it, and it is called "overtones," and you might want to read a little bit more about that. With any note, there are many notes within, so that you are hearing more than one note at a time. And the more attuned you get to what you are doing, the more you are going to hear these overtones. So that is part of what you are experiencing. But we have told you before that you resonate very strongly with sound, and it is very easy for you to "ride" on that sound, so to speak.

Q2: It felt more like I just went into something, and it was as if I was riding, melding with it.

LBs: Yes. You find it easy to "meld" with the sound, so to speak, and become one with the note, with the tone. That is why we have recommended that you learn as much as you can about sound, because you will find you resonate very strongly, not just to music but to sound itself.

Q3: Is there something different about me, or is that just my make-up this time around?

LBs: It is what you brought with you as part of your gifts. Everyone has gifts that they can use and use in various ways. Some have a very . . . they actually resonate more to color, or some resonate more, perhaps, to music, but not just sound. Some resonate just to the voice.

Q4: Can she use this for expanding consciousness, or shifting dimension?

LBs: Yes. She can use it to shift her frequency, to raise her vibrational level, and to balance; very much so. And the more that she begins to use it and it becomes a very easy thing for her to get into, when she has dropped all inhibition, she is going to find that she vibrates to it, so to speak, in such a way that when she finishes, it is as if she has had almost an orgasm, that kind of wonderful relaxation of the body.

Q: Whoo! All right! I like that. [Group laughter]

Q5: Many different people suggest different vowel sounds and different notes for each chakra, and they never work for me. And in a large group, I feel like I want to make a sound, but it's really just off pitch to what everyone else is making. Does that throw off the harmonics, or is that all right?

LBs: That is perfectly okay. Always go with what you resonate to, and you will blend much better than you think you will. You may think that it is off key, but when you get into it and truly resonate to your note, it will blend with others in the toning. So never let that hold you back.

Q6: Okay. Musically I'm trained to have perfect pitch, and then when I tone, it really--part of my mind gets grating on it when it doesn't sound blended, you know?

LBs: Get out of the head and into the heart. Get into what feels good.

Q7: There are times when I will just suddenly feel my heart chakra opening. I didn't experience it this evening, but I have experienced it many times before, like this afternoon when I was listening to drumming for balancing the chakras, and more when I am using colors to balance the chakras; it's when I'm doing it chakra by chakra, rather than using all the colors at one time. And it never seems to be when I'm at the heart chakra, but most frequently it seems like it is when I'm at the third chakra, and occasionally when I'm at the fifth chakra. And I'm wondering what is going on there.

LBs: What is going on is, again you have gotten out of your mind and you have allowed yourself to open. It has nothing to do with what chakra you are concentrating on, but it is a level that you have reached of opening.

Q8: I think if I was to tone every night before I went to bed, it would help me sleep, because it brings me down and relaxes me.

LBs: That is correct, because what you are doing is centering each chakra as you work through the different tones. And you do not necessarily have to take one teacher or another teacher; you can make up your own, what feels right for you. But concentrate. The intent is of utmost importance, and if you do not want to visualize color, at least concentrate on what that chakra is about, so to speak, so that you can focus and stay in that particular energy area as you tone. And yes, you are absolutely right: it would do for you much as listening to a very relaxing music or any kind of meditation that centers you. It is an excellent thing to do before you sleep. And you will find your dream state will be very different if you use something like that before you go to sleep, as opposed to some other stimulation that you might be inclined to do.

Q9: I grew up with the idea that if I focused on something, then I really had to work at it, and now I realize that that is really counterproductive. Can you talk about focus without efforting, and its benefits?

LBs: Yes. That is an excellent point. Let us go back to what [Q7] was speaking about when she said that she would feel her heart chakra open, but it might not be when she was focusing. Well actually, what she was doing was allowing. Focusing simply means to move away all distraction. It does not mean that, as you say, there is pressure or hard work behind it. So, when you focus on the heart, all you're doing is simply opening to love. You are giving out the love unconditionally and opening to receive from the Source, so that there is a complete interchange. And that is focusing, do you understand, as opposed to . . . so you are moving all

distraction away, and you're simply saying, "I am completely open." If you are focusing, for instance, on the throat chakra, you are focusing and opening to communication, opening to speaking your truth, and moving away anything that gets in the way of that.

Q10: And yet, the very word "focus" to me is almost like a narrowing down, you know? It's kind of like the word itself implies pinpointing on, or focusing the camera on. Maybe we should use a different word.

LBs: As we have said many times before, it is very difficult to explain in the English language or in any of your languages, because it is so much greater than language. But think of--when we are talking about "focus," we are saying "remove distractions." Does that help you to understand what our meaning of "focus" is to remove any distractions away, so that it is a centering around a particular energy?

Q11: If I notice that I have a tightness in my body, then I realize I'm struggling, I'm efforting. So, if I find my eyebrows crinkled, I'm holding my breath, I'm tense in my shoulders or my butt is tight, . . . it's like soft, gentle, steady attention.

LBs: And once again, as we have said many times, you must get out of your mind to be able to truly remove distractions. You cannot feel the root chakra by thinking it. You can either think it or feel it, but you can't do the both at the same time. So we're saying, "Feel these energy centers."

Q12: So it's kind of like the mind surrendering all sense of force, to allow just the awareness, the noticing.

LBs: If you will open, if you will allow your consciousness to open to the different energy centers and you just become that energy center for the time you are working with that energy center, that is when you really learn to center truly.

Q13: How did we shift as a group tonight? I know we have less people. Something feels different.

LBs: You have a more concentrated energy here tonight. You have . . . everyone who came tonight came with an intention of learning, of being open to new experience. And that is a different kind of energy than what you have when one comes to be passive.

Q14: Can you explain to me clearly what you mean by "centering" and perhaps the best way to do that?

LBs: There are multiple ways to center, and of course, we have talked about many of the ways. You can center through meditation, you can center through using color, through using sound. There are just multiple ways that you can center. By centering, when we speak of centering, what we are wanting to happen within you, or to help you see that can happen within you, is when you are feeling, from the crown chakra all the way to the tip of your toes, a completeness, a solidness, a feeling that all is right. That is being centered. When you're not . . . when as [Q11] said, you scan your body and there are no tight areas, no areas of blockage; you are letting everything flow. And centering is not difficult, but it requires your stopping; and that means stopping your mind from running in little circles, as it does so many times. It means centering and then, or stopping and then, connecting with the Source and allowing that

connection to flow completely through you in whatever method you have chosen. You can do it through prayer, as many people do that are not in any way involved in your belief system, but they have learned to center through prayer, through that connection to the Source. Does that help?

Q15: What would you suggest that we do or play with the next time we have this meeting, a month from now?

LBs: We do not want to set your agenda for you. We would like for you to explore even more in the area of sound, until you are feeling that you have maybe gotten enough of that that you can take it home and work with it individually, and have tools that are helpful for you to center, and also help you in your healing. So, we would like to see you expand more on that. We like to see you, of course, explore color and what that can do for you, but we would recommend that each of you is allowed to express your own interests and have a chance to offer your gifts. Because that is what we feel this meeting is most important for is to share gifts, because many of you have gifts that you have never really opened and given the opportunity. In a small group like this that is completely safe, you will be more comfortable for the first time to offer these gifts. So that's what we would like to see. But we do not want to set your agenda for you. It may go in many different directions over the next twelve months, but there should be much learning.

Q16: Twelve months? Is that a milestone of some sort?

LBs: We feel within the next twelve months, you are going to see a lot of movement forward in many areas. You are going to also--as you know, there are going to be a lot of shifts, and there are going to be a lot of shifts in each of you individually. And many of you are going to, in groups and on an individual basis, grow and move forward in some areas that even yet you've not explored. And so, that's why we're saying probably in the next twelve months, there's going to be a lot of changes and probably a lot more intensity in working together in some areas--groups of you or two's and three's--because you will be able to get much more done in that capacity, through working together. And then you will be ready to probably begin, even before the twelve month period is up, to move out into the . . .

Q17: Community?

LBs: To use this information and this work more out into the community, yes.

Q18: Can one compare or rate the different tools and modalities associated with sound, color, aroma, thought, etc.? They are all powerful and helpful in their own way, but is one more useful than the other? Do you get my drift?

LBs: We get your drift, and we could take an entire evening on this drift, so we will not get too involved in any of this. But we will say that if we took one individual that had decided to walk the spiritual path and be open to whatever was needed to make that leap forward, that quantum leap into living a totally spiritual life, there would be times in this person's work that sound would be extraordinarily beneficial, there would be times when color would be better because it is more subtle, there would be times when your aroma therapy would work in a more subtle way and be able to penetrate certain areas of the etheric sheath and certain areas of the etheric body in a better way than sound would be able to.

So, we could not tell you that one is better or what's better than another, but we'll say that each individual can benefit from all of them at one time or another, but that the individual

should be attuned to what works best at a particular time. When one is going through great stresses, for instance, the subtlety of color or aroma therapy may not work quickly enough, where sound gets to one very rapidly. So, you would make a decision there on what you were trying to achieve. Aroma therapy works especially well with those who are of a creative nature, and that is because they are more open to some of the subtle energies that the person who is not quite so creative has closed off to. That doesn't mean they cannot be open, but they are not as open normally. Do you understand what we are saying? So, we cannot tell you which would be best.

We would like to see you explore much, much more thoroughly the energy of thought. That is the most powerful energy of all, because it is constant.

Q19: Are not thoughts and beliefs filters which filter the possibilities that we allow? Are they not precognitive or pre-verbal in the sense that they are there and functioning before conscious recognition of the mind? In our desire to change or personal perception of who we are, we can change our belief and thought patterns.

LBs: That is true to an extent, yes, but what you do not recognize--and when we say "you," we are speaking broadly, of course--but what one does not recognize many times is that many times thought can be consciously changed, if one will make the effort, and changing that thought will immediately change the energy. And so, when you say it's like a "filter," when you are talking about the subconscious patterns that you have brought from previous lifetimes, that you have brought from your childhood environment, those are not really thoughts as much as a pattern, an encoded program.

When we are speaking of thought, we are speaking of that mechanical part of you that actually puts thoughts together, words together, and brings it to the consciousness and allows that energy to go forward. And as we have explained to you before, when a thought goes out and it is a thought that carries love, it goes all the way to the seventh plane and joins the Source and mirrors back to you. But if that thought is of fear, it is surrounded--and there are only two kinds of thought: one that has the energy of love and one that has the energy of fear. That's the only two thoughts you can have. It doesn't matter what words you put with it, do you understand?

Q: Yes, very much.

LBs: And so, when you send out that thought of fear, it only goes up to the causal plane and mirrors back to you. So, you are getting the energy back for whatever you send out.

Q20: If you were to surround yourself in a bubble of gold, and if you were to send the thought energy of fear out, and it encountered that gold, would that not be transmuted and would it not then progress to the causal plane and come back to you? I mean, could you prevent your fear-thought energy from going out?

LBs: No. Because that thought, that energy, is coming from you and going to your causal plane. When we are recommending that you surround yourself in gold light to transmute energy, we are saying that if someone comes into your field and they are sending you the thoughts of fear, you can transmute that energy so that it does not create an unease within you. So, that's what the transmutation does.

Q21: But does it stop the progress of that energy?

LBs: It does not stop the progress. It helps you deal with it in a way that is from a loving--you are able to transmute that fear into a love thought, into something that you can accept in a different way, do you understand? So, if someone comes up to you and says, "I really don't like you," and you have surrounded yourself in gold, it will transmute to the point that you will be able to see that this person is speaking in fear, and you do not need then to respond to that person in like kind, but will be able to say, "Well, I'm really sorry that you don't like me, but that's okay," as opposed to saying, "Well, I don't like you either" and sending the fear thought back. Do you understand? That's what the transmutation does with the gold light when you surround yourself.

Q22: But it doesn't actually change that energy--

LBs: It does not change the energy. It helps you see what the energy is, and be able to deal with it.

Q23: You're saying it gives it clarity rather than transmuting? Or gives you a different perspective?

LBs: Correct. It's transmuting the energy so that you. It's actually transmuting the energy of fear into something that you can then work with.

Q24: I don't understand. You say you're transmuting, but you're saying you're not changing it. That is changing it. Tell us the difference in "transmute" and "change."

LBs: It does change it, but her question was could she have a negative thought and send it out, and it be transmuted by her gold light, and the answer is "No."

Q25: All it does is it keeps your own energy field from beginning to vibrate with that energy?

LBs: Correct, without you absorbing the fear. You are able to transmute that fear into something you can work with, so that you are able to respond in a very different way than you might if you had not surrounded yourself in that light.

Q26: Because you know what's really going on, instead of reacting to it. That's what I meant by "clarity?"

LBs: That's true. In that respect, you can have more clarity, or a better ability to deal with the energies that are coming to you.

Q27: I had done a meditation for a couple of years where I filled a large pyramid, and was told to put in gold and white light, that the gold light was working to transmute my field, my energy. So I thought in some cases it can actually transmute your own energy. It was helping to transmute what was in my own field. And I just wondered if it worked because I believed it worked?

LBs: It worked because your intent was to transform. That has more to do with your intent... because the color is very symbolic of transmuting, and so, the white light always is one of purity.

Q28: I have a question about all the different modalities. Is that why flower essences-- because they are probably the most subtle of all--is that why they tend to work with my clients

who are not in healing crisis, and don't even have any focus on issues; they're really looking to make big shifts in their lives or . . . ? It's more of an expansion modality, rather than a healing modality?

LBs: Yes, because they are not coming to you from fear. They are coming to you with openness, and they are coming to you with expectation of making a shift of some kind, or wanting to expand or wanting to grow. In a healing crisis, it doesn't work fast enough normally.

Q29: They won't feel it at all.

LBs: Yes. That's correct, because most people in a healing crisis have some fear surrounding them also, and it is difficult for really subtle energies to penetrate fear energy quickly enough many times. It can, but it requires many kinds and a longer earth time than you may have for a crisis. It is very important to realize what all the different energies are and how they work vibrationally, and then you can determine when it is the best time to use a particular energy.

Q30: Or if you work with a certain energy, then that is the client you will draw to you.

LBs: Correct. Correct, because that is your intent.

Q31: So for opening, the more subtle energies are preferred, and for healing, the more powerful, less subtle?

LBs: We do not say that opening is not very . . . you certainly could use sound to open, and you can use color to open; you can use all of these modalities to open. But for a healing crisis, even sound and color may not be rapid enough. So, you have to determine exactly where . . . That is why the allopathic world has one good, valid point, and that is that in a crisis, immediate action needs to be taken. Now the action may be with herbs, or it may be with drumming, or it may be with fasting, or . . . there are so many ways that you can naturally heal; but you must determine first exactly what the crisis is, and how quickly it needs to have attention. And you're not going to try to heal a broken bone with flower essences.

Q32: Right. But then, what would be the circumstances under which you would prefer the more subtle; if you need a slower opening for some reason, or . . . ?

LBs: If one is spiritually wanting to move forward but is not in a point in their life where they feel they must have something major to change their life--they're not in a crisis of a divorce, or an accident, or a job loss, or whatever they brought into their field to help them move forward--but they're simply moving along and feeling stuck, that's when the subtle energies work best; or if one is wanting to stay balanced. Flower essences are wonderful to expand you in certain areas. If you are wanting to concentrate, for instance, on your creativity, or your sensitivity, or whatever you are ready to expand and work on, it's a wonderful, wonderful way to open. It also is a great adjunct to working in other areas. For instance, there are many times that flower essences work very well if you're in psychotherapy, as an adjunct to help you move forward, to get unstuck.

Q33: Or to feel more centered while you are going through an emotional situation?

LBs: Yes. Yes. So the more subtle energies, including your color, are used as a support, more than it is to actually fix something. Does that help you see the difference? [Yes]

Q34: Praise, gratitude, love--that's how I see the Ascension Attitudes, and how to use them is so very beneficial to develop your habit of returning your focus to something that's uplifting.

LBs: Yes. Absolutely! And each person will find helpful their own method, whether it's the Ascensions, whether it's prayer, whether it's mantras, whether it's chants, or whether it's just affirmations they've written themselves, that when they find themselves in a position of fear and a thought is coming out of their mind process that is not coming from love, they can consciously move that energy immediately by turning to one of these processes.

Q35: Without struggling.

LBs: Without struggling at all; exactly. And in combination with that, when that is happening watch the difference in your breathing, watch the difference in the tension in your body. And when you make that switch, it's almost as if you've taken a complete deep body breath. There is an energy that completely changes you when you make that conscious thought change.

Q36: I wanted to ask about auras, the colors, putting the colors on the aura graph and what part that plays in everything.

LBs: You are speaking of when someone does an aura graph? [Yes] It is going to be much more common for one to be able to see different colors in one's aura, and different symbology, so it is sometimes beneficial to have this actually manifested through a drawing, to help one identify or to understand what is prevalent in their field. It is of utmost importance that one who does aura graphs is of the purest intent, because they will pick up not only the person they are working with, but they will pick up other energies that may be detrimental in the drawing if they do not clear and are not of the purest intent when they do it.

Q37: Is it not rather risky? Are not our auras dynamic and in constant change and flux?

LBs: [tape stops and changes]... but there are basic colors that are prevalent most of the time in one's aura. There will be an overlay of the dominant color, for instance. But yes, you are correct in that it is dynamic and does constantly change, as your chakras do. And that is a misconception when one thinks that it always remains static. If you are able to see auras, it is intriguing to watch someone, for instance, who is a performer. If they are of pure intent, you will see, literally, their aura expand enormously and change color before your very eyes when they are performing. If you are able to see auras, and you see someone walk into a room that is full of anger, you will see their aura contract and become very dark in places. It doesn't remain that way, of course. When the anger passes, then the darkness--and you'll usually see some very dark reds, but that will dissipate. So yes, you are absolutely right: it is a snapshot. But even that can be, it can be very . . . that's why you say it can be very beneficial to one to be able to see and identify perhaps some of the things that are going on, but the person who is reading it should be of very pure intent not to pull information that is not accurate.

Q38: Is there anything else we need to hear in closing?

LBs: Just that we are very pleased with the direction this is going. We hope all of you will explore and find more and more things to work with in the area of energy, because that is what we would like to see you expand on. We will be talking much more, of course, about more detailed things in the future, about some ways, going back to Scott's idea of thought, about how the energy there can work. And there is work being done--scientific work being done at present,

by several different scientists--concerning different areas of how the brain and thought are in process, and how they work, and the energies that they're putting out. So, the more you can learn about that, the more you are going to be able to understand your own thought processes, and how you are able to affect the world more than you can possibly realize, once you can control your thoughts.

[Group thanks]

LBs: Thank you, and good night.

[End of session]

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