

Light Beings: Good evening.

Question #1: Question discussing the energy of a member of the group that the questioner felt had the same energy as Christopher Tims.

LBs: There is . . . within each entity, there is that ability, if one is so inclined, or one has worked on their spiritual life to the point that there is a non-judgment. And in the particular case, what you were feeling with [the group member] tonight, and what he has learned with the much work he has done in meditation and the work he has done in clearing many of his issues has opened that door to the ability to not judge. And that is much what you also would experience with Christopher Tims. With Tims it went a little bit further, because not only is he nonjudgmental but he has, in his mission in this lifetime, that of being a teacher, one that has the key to open others to being able to see they're divine.

This is something that [the group member] has been striving for, for quite some time now, and has been aware that he is making progress towards that. It is the ability, more than anything, to recognize with someone that they are also a part of the Source, and therefore there is no judgment, regardless of whether the communication is of an openness, or of a closeness, or of a not hearing, or of a misunderstanding. If you noticed, there was a stepping back, a not . . . there were no swords drawn or no confrontations, so to speak. That's what you are feeling, is that openness, that ability to not judge. And that is true communication, even though it may not verbally seem to be. Do you understand? So does that answer your question, what you were asking there? Because you are able to see something within [the group member] that he does not always make apparent to everyone yet. But you are able to see that. And that is because you are a mirror, because you, yourself, are open to others and have the ability to accept without the judgment. So you are able to see that more quickly in one.

Q: Thank you.

Q2: When we envision someone with white light on them, how does that actually work? Where are we drawing the light from? Are we projecting light from ourselves? Are we filling and surrounding ourselves with light? Is it all coming from Source or is it something we generate ourselves?

LBs: You are, of course, part of the Source, so you are simply a cell of the whole, and the light itself is an expansion of your own energy force, of your own energy field. But you can change the frequency by thinking about a different color, because each color is of a different frequency. So, if you are envisioning white, you are envisioning the full spectrum of all color and you are sending out all the colors at once, but if you are envisioning purple or lavender, then you are changing the frequency and sending that out as a different frequency to whatever source you are sending it to. It is . . . You are made of light, and you're entire body is one of vibration. You are not a solid mass, as you know. And if you could literally see what the chakras or the energy centers look like, you would see they also are moving color but also are . . . When, for instance, the heart opens, the heart can send out this energy, and the closest thing you can explain, and again it gets very difficult to explain in words, but the closest way you can explain it is it is a vibration that is going from you, and you are sending it out. It is a vibration.

Q3: And that is triggered or generated by the thought process, is that correct?

LBs: Yes. It is generated by . . . You are first thinking that you are going to send a light or a color; so you are envisioning that. So, yes, that is the process. But it first comes through the thought process.

Q4: Can there be feeling associated with the thought? In other words, if I'm sending all the people in Iraq white light, if I'm also having feelings of love towards them at the same time, is that more powerful?

LBs: Intent is the most important thing of all. The intent is what makes it effective. Without the intent, it is ineffective; it will not do what you are wanting it to do without that intent. So intent equals manifestation.

Q5: Are there any particular books you would suggest I read about color and what it does?

LBs: There are many good books on color. [Rudolf] Steiner has written a good book on color, or had a lot of lectures on color that have been combined into a book. Theo Gimbel, out of England, has done a lot of research and work on color. There are several American authors that have done some work but not in the same manner or the same spiritual vein as Gimbel has done. Of course, then, you have some of your psychologists, such as [Dr Max] Luscher, who has done some work on the psychology of color, as has [Faber] Birren. So, it depends on what area you are really wanting to look at: are you wanting to get into just the spiritual and the manifestation of using color in healing work, or are you looking at just the broad spectrum of what color is about? If you are more esoteric, you will move toward Steiner and Gimbel; if you want more of the clinical, you'll move toward Luscher or Birren.

This is an unusually quiet group tonight. The energy seems a little bit distracted. Is there a reason for this, or are the minds working in some other way?

[Silence]

Q6: Well, this group is interested in energy, and for years I worked on an appliance which was based on information given through Edgar Cayce, and are now being made by several people. Cayce called it the Radioactive Appliance, and apparently it can be very helpful. Would it be appropriate for this group to learn about that Radioactive Appliance?

LBs: Yes, and you are correct: there are several different methods that are using a similar kind of technology now that are very helpful in healing work, in helping the body restore its natural balance, in helping the cellular reconstruction. And so, yes, it would definitely be . . . There are many things in Edgar Cayce's work that are now coming back into the forefront, and you are going to see in the next few years a real revival on some of the information that he gave, but some of the people who are working with more scientific equipment are going to use some of his information and incorporate it into what they are already finding out about the way energy works. So yes, it would be of benefit for them to look at that.

There is a piece of equipment that is presently being used even by some doctors, that is a similar kind of product. The initials are something like UCE or UCB or . . . [GDV? ed.] It is a piece of equipment that is actually placed in water and then the energy is distributed.

Q7: Could you tell us more about Christopher Tim's "gate opening" procedure and what happens when he does it? Does it open us to allow more energy to come through us, or what?

LBs: As we said, Christopher Tims has the ability; one of his missions is to help people open. And he has, through many, many years of study of many different religions, many different methods of meditation, methods of opening, combined many of these and worked out his own way of helping people open. And it is not so unique, as it is simply bringing a lot of information together in such a way that it's practical. Much as he has done with the tuning forks, he has taken something that is a relatively simple process and given it to people in a way that they can simply understand and use on a daily basis to help them in the balancing. And he does much the same thing in his workshops. He does not get so complicated that you are not able to absorb the information, and yet, his very energy helps with the opening.

Q8: So you're saying it's just his energy that's doing the opening?

LBs: Not just the energy, because he has studied for many years many various techniques of the many different religions. And each religion, each dogma on your planet, has different methods of opening one to the Source. Some of your American religions depend more on things such as prayer, where some of your eastern religions depend more on other things, such as sound and art and color. Your western religions are much, much more . . . shall we say "in a box" than some of your eastern religions in that respect, and Tims has studied much of the eastern religions and brought that information in not only through his sound work, but through other methods that he has found helpful for opening.

Q9: I believe you have said that the causal plane brings energy patterns down into the mental, emotional and physical bodies to be experienced, worked with and, hopefully transformed so it can move back through the causal plane to the spiritual plane. What effect does Christopher Tim's method of teaching the tuning forks have in that process?

LBs: Once again, you are dealing with vibrations, you're dealing with the frequencies of the tones, and it is . . . This is his particular method of using the tuning forks, acting almost like a magnet to pull the . . . as he says, to "wash the windows" or to pull away the debris of the day's issues that have caused you to fog up your windows, so to speak. And so, he is creating a vibration, and through his work, through his method, his technique, it acts almost as a magnet, to pull away the frequencies that have clouded your windows, so to speak.

Q10: "Windows" being the emotional and mental bodies?

LBs: No, the "windows" being your energy centers. Your chakra centers. And that's why it is not a permanent fix. And unless you . . . If you clean your windows and you do nothing to keep them clean, unless you continually do that daily, then you will ultimately get the same dirt back on. But if you clean your windows, it gives you the opportunity to see more how to deal with what issues have brought the dirt on originally, and then you can get to a better place of being able to eliminate what's causing the debris to be magnetized to you. It acts much as any kind of vibrational work acts. It gets things into a position that allows . . . An easy way probably to explain it is it's like a . . . it stops for like a moment in time to give you a clearer picture of what's going on and lets you grasp easier how to then deal with that.

Q11: And you also said it balances. Is that correct?

LBs: That is correct. And the more balanced your energy centers are, the easier it is, again, to be able to see what next steps you need to take to expand your consciousness. When you

are so out of balance, whether it be your upper chakras or your lower chakras, if they are out of balance, it is very difficult then to be able to proceed to expand your consciousness.

Q: Thank you.

Q12: Question about people staying in a movie theater even though the projector was malfunctioning and making a very disturbing, discordant sound.

LBs: There are many, many people on this planet at this time, especially in the western world, who are so numbed and so completely void of feeling because of the stimulation they have been exposed to since birth that they truly tune out even dissidence, things that are of discord. That's how they are able to watch television and see the total violence that is a part of your entire entertainment now; that is how they are able to close their eyes to the violence that is going on around them and in the rest of the world, because they have completely numbed themselves and shut themselves down in many, many ways. They are totally out of balance, and that's how they are able to stay in some discord like that.

Q13: Joyce recently had a headache and she and I decided to visualize light on her. We both visualized blue light around her head for about ten seconds or twenty seconds and then salmon light right after that. She immediately got relief; I mean immediately! She said her sinus immediately started draining. After we did that a few times, the headache went away. Would you like to comment on that?

LBs: Yes. The fact that the two of you were visualizing at the same time, and the fact that you were using the complimentary colors, which is really . . . Many times color therapists are not aware of how important that is to many times use the compliment, because that creates a better balance. And so, you were doing that, exactly what was needed to create the environment for the healing, for the opening. And what actually happened physically was you were sending the frequency in that helped with the pressure, because she was dealing with a pressure headache coming from the barometric. And so, that was able to change the frequency enough for her that she was able to, then, her sinuses were able to open.

Q14: What color(s) would help my mother's arthritis?

LBs: Arthritis is a chronic disease that is--or chronic condition; we will not call it a "dis-ease"--a chronic condition that is unique to each individual person, the reason for it, because many times it comes from past resentments and from various reasons why someone's body reacts in such a way. Sometimes it is reasons that are difficult to bring to the surface; it can even be a past life condition brought forward and being worked through. And so, to give an overall for the color to be used, no. In your mother's case, we would highly recommend that she use blue and yellow, because she is lacking joy. And the blue will help with the inflammation.

Q15: Okay. Thanks. But it's more appropriate for her to use the colors on herself than other people? Because you said in her case--

LBs: You should ask permission before you ever try to use color on someone in a healing way, but she certainly can do it for herself. And if you can get permission, then it certainly is feasible for you to also help her.

Q16: It would be good for her to wear it then, the yellow pigment, also?

LBs: Actually, the light would be much better in her particular . . . In the case of arthritis, light works better than any other method of color.

Q17: We were thinking about visualized light. You're talking about actual light?

LBs: Well, the optimum would be to use the spectrum light with your glass, but visualizing light of color will also be helpful... More helpful than pigment.

Q18: While at a Whole Earth Convention, I had had a headache all day, and several people attempted with massage and different types of techniques to relieve it but to no avail. I believe the headache was allergy related. Then this woman put her hands on me, one on the back of my neck and one hand on my forehead, and I kept protesting, "It won't work; don't be disappointed," and she kept her hands there for maybe two or three minutes and let go. I still had the headache and said, "Thank you for trying," and walked away. But then two or three minutes later as I was heading out to my car I realized my headache was gone. And I've never known what she did, what technique she used, and I'm wondering if you know.

LBs: She was simply one of the entities that is capable of sending the energy of love, the energy of healing, through to you, and there are many in this room that have that capability. It is . . . Actually, every entity has the natural capability to heal, but most do not recognize it, and most are not balanced enough to use it if they do recognize it. But in her case, she was a pure healer.

Q19: So there was no particular technique. She was just . . . ?

LBs: She was sending you energy, sending you the energy of healing. And the fact, the way she placed her hands made it much more possible. That's a very good position for healing. If you notice, your Reiki Masters or your Reiki practitioners use many times that kind of . . . where the hands are in such a position that the energy is sent through.

Q20: In my work I can wear different colored shirts. Does that affect the people that you engage every day? Would it be of benefit for me to wear particular colors, or does it really matter?

LBs: Yes, it does affect the people you come in contact with, because you are creating certain energy with certain colors. And it also affects you. If you are feeling one morning that you don't have the energy you would like to have, wearing red many times will help increase that energy. Or if you're really wanting to stay more calm, you may want to go more towards . . . males do not wear lavender, so blue probably would be . . . or green. But it does not affect them in such a powerful way that it's going to be detrimental. Not anything like having to live in a room that is painted a color that is not beneficial to you. That is more . . . that sweeps a much broader area, creates a much larger energy field. So, what you wear is . . . yes, it does create an energy that affects others, but it is not as great as perhaps, say, even the car you ride in. That energy, that color, is going to affect your energy to a degree. It is a proven fact, I believe, if you will research, that red cars have more accidents, for instance.

Q21: The energy is real different tonight than I've ever seen it before. Why are we not as engaged, however you want to describe it? What is going on with us?

LBs: There are a couple of things that are going on. The first, you had someone who spoke to you about something that all of you are interested in, and your minds went in a different direction than it normally goes; so that is part of what brought the energy into a different flow. And the other thing that has affected you also is that it is a much . . . there is a difference in the energy, if you would think about your day or even this past two or three days; there has been a different energy that has been more of a mundane nature or of a more—[“Dense”] Correct. A more dense . . . we’re trying to think of a good analogy but . . . you’re swimming in mud, so to speak. And that is . . . you brought that in with you tonight, that feeling of not being as light, not being as . . . as open. There is a closed-ness that is more prevalent tonight than usual, and it is because of the energies that are going on throughout the planet and your concerns about some of the things. Even if you are not, on a day-to-day basis, keeping up with what is going on, you are receiving that energy anyway, to an extent, and you’re feeling some of that. So, it is a combination of your minds being taken into a different place early on in the meeting, and then you also brought in with you a different kind of energy than the normal, more light-hearted kind of energy.

Yes. You have been in this group long enough now to know that it takes on its own identity with each meeting, and each meeting forms a different type of energy according to the different entities that come together, because you form a group energy then. And so, that also . . . you have a larger group tonight of different entities, different energies being brought in, and there is an adjustment whenever that happens; and so, the energy is not like the comfortable family because there are different, newer energies engaging, which is neither good nor bad; it just is. But it is different. And that is also a part of what you’re experiencing. But as we said, the entire planet is experiencing some energies now that are of a denser nature, and--

Q22: How long will that last? A month or two ago, you talked to us about a lot of different energy shifts that would go through September. Is this like another wave or is this just a brief.. ?

LBs: This has more to do with what is going on world-wide, especially in your area of Iraq, and your conflict between what’s going on with your government and decision-making and that area. And of course, you ask “how long.” It has a lot to do with how much you Light Workers can work on and send out the light energy and the prayers to help shift. That’s going to be very important, and there are many groups that are working with that at this time. You might want to check out some of the groups that are standing vigil this coming Saturday even. And the more that gather together with that unified intent of sending peace, the quicker the shift can be made.

Q23: As I was sitting and just noticing this real dense and heavy, somewhat tight energy, my body jumps. And it seems to be a . . . a release of energy. Now that has happened for years, and I’d just like to understand it a little more.

LBs: As we have spoken to you before, you have the ability to pick up other people’s energy, and that physical jump that you’re feeling is simply a release of what you’re getting, the signal you’re getting, and you’re releasing it. So, you’re simply picking up some signals from those around you close by, and as you pick it up and you’re receiving it, then there is a response to that.

Q24: I’m not trying to make it happen, but with that change of direction or focus, a change of perspective?

LBs: Yes, again, that’s just a simple change of energy. It’s almost like switching stations, so to speak.

Q25: Is that the same thing as when you just start yawning? But you're not sleepy; it feels like you're just opening up to something else.

LBs: Well, many times, of course, the yawning is simply your response to not either getting enough oxygen, or boredom, or whatever the reason the response there might be. What he is speaking of is a different kind . . . It is not a true physical manifestation; it is just a reaction to something he is reading.

Q26: I notice that particularly, though, in doing the work with Tom Kenyon, that the sound would really cause that reaction in my physical body. I would just yawn and yawn and then, boy, you just go way up there.

LBs: Because without your really noticing it, you were changing your breathing pattern considerably when you were working with that.

Q27: Do you have any suggestions for us?

LBs: We would like very much for you at this time when you leave here tonight, to each of you get quiet within yourself and see if you can feel what changes brought about this energy shift that you are feeling at this particular time. There is a deeper reason for this that we will not share with you tonight, because we want to see if you are going to be alert enough or care enough to examine where you are in this point, and come back with the answer to why the energy has become more dense. Because there is more than one reason for it, but there is a predominant reason that is important for you to recognize. Because if you can recognize what has transpired here tonight, you are going to be open to be able to recognize much quicker when there are issues that stop you in other areas of your life, because it is connected to that. And we will say no more, because it is important that you figure this out for yourself.

Are there any other questions at this time?

Q28: Is there anything you'd like to say in general about yourselves, Light Beings, for our guests who have never encountered you before?

LBs: We are always happy to have anyone join, and we are open to the energy of anyone who is interested in expanding their consciousness and understanding that the information that is coming through tonight is available to anyone who wants to be quiet and receive it for themselves. It is not a unique experience; it is available to everyone, every entity on the planet that wants to make the connection and hear. The thing that we would hope happens most with the group that we are working with in this room is that each of you open to the point that you are getting your own information and your own guidance on a daily basis, so that your ego and your soul are working in unison together, so that you are able to move forward on this planet, at this particular time, in a way that is going to be beneficial, not only in your life but to all those that you touch, all those that you send energy to. And that is . . . Our goal is to be able to open you to, in a conscious way, understanding more of what the energies are about, and how you are in control of the way you manage your own energy and how that energy manifests and expresses itself when it comes in contact with others' energy. So, that is all we would say to anyone who ever participates here is that the goal is to open you and expand your consciousness to the point that you are aware of your own abilities to work with your energy and to receive and work with other people's energy, so that there is a oneness, an understanding, that there is no division.

And if there are no more questions, then we will bid you good night.

[End of session]

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