

Light Beings: Good evening; we welcome you. And the beginning toning that you did simply clears the energy for you to be more receptive, and it is very beneficial for you to do this on a frequent basis. Try it when you are in your shower, in your car, wherever it is comfortable for you, and you will find that it will balance you and give you much more energy than perhaps almost any kind of quick method of balance. So, not only is it beneficial to you in balancing, but it actually helps vibrate the cells in your body and it creates a better flow, an energy flow for your centers. So, it is very beneficial. And when you do it in a group, you get your harmonics involved and it opens you even more. So, the more you can work together in toning, the more beneficial it will be to you.

We are now open for any questions you might want to start with tonight.

Question #1: You've taught us a lot about how to manage our energy under different circumstances, and I'd like to know what colors to use, that might help when I run into somebody that I feel a real deep threat with. And it may not be a bodily threat, but that feeling will get triggered. Is there a certain color, or doing a certain thing that will help with that?

LBs: Yes, that is a very good time to use your gold light that we have told you about before, to transmute the energy that you are receiving that is not of a comfortable nature.

Q2: So, you use that gold for any kind of uncomfortable . . . ?

LBs: Yes, anything that you want to transmute, to come through to you, and you be able to -. Because what you are actually feeling is perhaps not that that person is truly a threat, but they have an energy that you are receiving that is triggering either something from your past or even of your present that makes you, your pattern of thinking, your . . . it acts as a trigger. And so, by being able to use the gold light, it transmutes that energy so that you do not misinterpret what this person is about. Now, if they are truly coming to you and intentionally threatening, then it will not be quite as easy to transmute, but most of the time, when you are receiving an energy and you feel it is a threat, it is usually because of the way you are interpreting.

Q3: Well, when you say "transmuting," do you mean it just protects you from negative energy, or does transmuting actually mean that it transforms the energy into a more positive event or situation?

LBs: It actually helps you read the energy for what it is, as opposed to what pattern is being triggered and you are reacting to, because most of the time when someone approaches you and there is an energy you are receiving that is not of a comfortable nature it is not necessarily being interpreted the way that person is truly feeling. This is why there is so much miscommunication. Many times, what is actually the energy that is being put forth is not necessarily a threatening energy, but perhaps this person has a lot of fire in their energy, a lot of aggressiveness in their energy, and perhaps in your, not you personally, but in your situation or one's situation, anybody that comes to them who has an aggressive tendency will be a threat to them, because they had in the past experienced aggression as a very negative thing. And perhaps that person is not meaning in any way to present himself as aggressive, but it's just that they have that kind of personality or that kind of energy surrounding them. Also, many times someone has a very strong aura, a very strong energy field, and so they may be able to project to you with a strength that is not comfortable to you. And with you being able to surround yourself with gold, you are going to be able to transmute that energy and not misinterpret what they are about. You will be able to read their energy much more clearly. Do you understand what we are saying?

Q4: I believe so. Since we are all light, do we surround ourselves with gold energy, gold light, or do we actually become gold light. In other words, since I am all light, then I can become any color I choose at any moment--I am assuming this--and if so, then can I just visualize myself being gold or do I visualize surrounding myself with gold?

LBs: You visualize yourself being surrounded by gold. It is much more difficult to envision your entire being as gold, and you never are truly just one color of the spectrum; you are all of the spectrum within your own energy field. One is usually more predominant than another, but you are all, the entire spectrum at all times. But you can emphasize a particular color through visualization, and that color, then, because of its particular frequency, is able to perform a certain kind of, to set up a certain kind of situation for you Does that help?

Q: Yes, it does. Thank you.

Q5: Is the light holding back the receiver's ego, reactive ego, and keeping it at bay. You're saying the reactive ego is going to misinterpret what it receives many times and so . . . ?

LBs: That is a little bit more complex than just the ego stepping aside, but what it does is clear the path for you to be able to understand at a deeper level what is truly being transmitted, as opposed to what you are interpreting due to all of the patterns, all of the codes that you have within you due to your earlier childhood, or some experience you had with a peer or a mate, or whatever.

Q6: Yes, that's what I was calling the "reactive ego." ["Yes"] So it helps you receive the energy authentically?

LBs: Yes; correct. Correct. Now as we said, if that person truly is threatening, then you are going to read that as truly a threat, but most of the time, we find that it is very common for an entity to misinterpret someone else's energy. And this happens especially between intimate . . . in intimate environments, because each of you, if you have . . . We'll take a man and wife or two lovers: because there is an emotional attachment and because you have investment in this person, then you are more sensitive anyway to what is coming to you. And perhaps they may have an energy, due to something they have been thinking, that you are reading, but you are reading it . . . because when you were three years old, you had an experience at the dinner table and it triggers that memory, although you are not conscious of this, and so, you react as that three-year-old would react; you are interpreting that energy as if you were that three-year-old. Do you understand? But if you had it surrounded with gold, you would then be able to interpret what that person really was sending, and you would find, perhaps, it had nothing to do with the kind of energy you thought it was because you are no longer being triggered by a code; you are seeing it for what it truly is or hearing it for what it truly is.

Q7: You've talked to us about a medical center that some in the group will create. Several people have been talking about that and making some first steps, and I'd like to know, is that on track?

LBs: There is an energy, a shift that has been made, and there are very rapidly coming into place a lot of the individuals that can actually manifest the kind of center you are speaking of. It is certainly not complete yet, but the beginnings are there, and it is a matter now of the energy being put forth and the right people falling into place. So yes, it is time for such a center. And these are going to pop up all over the country now.

Q8: This morning a friend of mine called who is expecting twins, and she was in a great deal of discomfort and asked me to send her some light. I sent her gold energy, feeling in the womb area it was very intense, and eventually, when that smoothed out, there was an absolutely incredible, huge amount of love for those little babies. But the entire time, the energy was gold.

LBs: Yes. And this is . . . most of the time when one studies color one is taught that pink is the color of love. And that is . . . pink is used for a more mundane smoothing of love, one of unconditional . . . but gold is of a much broader scope. If you will look at some of your paintings, of the Renaissance era especially, you will notice that all of the saints and the beings of a higher nature are surrounded with a golden light. And that is because their energy field is such that it is expansive beyond just unconditional love, but has joined with the Source. And so, that becomes gold.

Q9: I had the occasion just this past week to actually use the gold light for the first time. It was with a customer who was with another sales person and being very difficult, and I was experiencing stress from just being in her presence. And then I remembered to use the gold light and I surrounded myself with the gold, and then I sent pink light to the manager of the store, who was having to deal with her. Suddenly, I was having no reaction whatsoever, and somehow my attention had been drawn to him and his need for comforting. I was expecting that when I surrounded myself with the gold that I would start perceiving her differently, but instead she simply was no longer in my consciousness.

LBs: Yes. And what happened there was that you did a shift yourself, and focused more on what you felt someone else was needing. And by sending the pink light to your manager, you made that shift and were no longer focusing or drawing in her energy at all. So that's what happened there. But the gold light helped you make the shift.

Q10: Yes, well, it was very effective.

LBs: Yes, gold light can be extremely effective in many, many cases, when you are trying to deal with someone who is of an unpleasant nature. But sending the pink light to them while you are surrounding yourself with gold gives you an extra edge, so to speak, because that softens them somewhat.

Q11: So, if someone is deliberately and intentionally threatening, is there another step to help resolve or maintain your own health and strength, or calmness?

LBs: Yes. This is a good time to use the pink light, and then it also would be very helpful, if you have the time--many times it is very difficult because you are reactive when someone is threatening you in any way, but if you can center yourself quickly and send out first the pink light and then a burst of white light, surround them with white light, this sometimes will help stop their energy field, at least help them become more aware of where they are with their energy.

Q12: You mentioned gold light in reference to the Renaissance time period, and because of the paintings, it reminds me of some experiences I've had with spontaneous past-life memories. What can I gain in knowing what I did in a past life, specifically Renaissance painting and sculpting?

LBs: The true advantage to knowing anything about a past life, as you call it--and we have spoken to you many times about there is no past or future when it comes to the different

lifetimes you have experienced, or are experiencing simultaneously--but the advantages that you can gain from knowing are two-fold. First, if you had an experience in a past life that you have not released and you are playing out once again in this lifetime, for whatever reason--you brought it with you emotionally or you just cannot release it for whatever the reason--then by becoming aware of that lifetime, you can make a conscious effort to look at what you were learning and release, so that you do not have to play it out again. So that is one advantage to knowing anything that happened in a past life.

The other area, and the case you are talking about, is when you have spontaneous memory of a past life and you have done something in that lifetime that you are denying in yourself in this lifetime, it can give you the opportunity to look at it differently, because you aren't able to bring with you--and anything you have experienced in another life, you are able to bring that into this life, and so, if you have these instantaneous memories--of being a sculptor or painter or whatever the case may be--you might want to look at what are you denying in your creativity in this lifetime, and perhaps then, those memories can help give you the confidence or the encouragement to open again to those abilities. And they may not be the identical abilities that you used then, but it will be the same kind of energy, do you understand? If you are of a creative nature and you are denying that in this lifetime, then that perhaps will help you open to that. Those are the two main reasons that it is beneficial to know past lives.

Q13: OK. I appreciate that, thank you. I've had several instances where that happened. And in a sense, I did find some value similar to what you are talking about in those, yet parts of me question if there is something more to get from it. Since we're actually living those lives, in a sense available now, I think it's just wonderful that we can tap into those experiences and clear it, or at least gain something. It's just that the whole idea of time and the actual experiences are so big.

LBs: It is extremely complex when you try to speak of it in words. It is easy to access in your total conception but very difficult to bring down into your English language. We will not get into this very deeply tonight, but we will say to you that if you make an effort to clear something that you've experienced in a past life that was of an unpleasant nature or left some kind of imprint on you that is affecting you in this particular time period today, and you work with that and you get to the bottom of the situation, and are able to clear it, you are not just clearing for today but are clearing for the past life you are remembering also, and that is another whole story that we will not get into tonight, because it is very complex. But know that you never do anything to clear that does not have a ripple effect.

Q14: I met someone a few weeks ago that seemed like this person was me in a male body, and I'm wondering if we knew one another in a past life or what this is all about.

LBs: When you have that kind of affinity with someone, especially when you first meet, you can be assured that you have experienced before the energy. And it could have been in a past life of many different kinds of relationships. So yes, you can be assured that when you have that kind of instant affinity, you have known them before.

Q15: When there are stray animals that we come across in our life, is it to their benefit for us to rescue them, or are they on a path that we would be interrupting what's already been pre-planned for them?

LBs: Any time you are able to make any living thing's life more beneficial, you are not interrupting, unless you are interfering in a way that is keeping them from being more. So, when

you save an animal from an unfortunate way of life, then you are certainly not interrupting that animal's karma, so to speak. It is making its life more beneficial. And that opens your own heart chakra when you are able to share, or expand someone else's, or something else's life. So, even if you are kind to an animal, or help an animal along its way in whatever manner, it is to your benefit and to the animal's benefit.

Q16: Would that also include animals that are becoming extinct? We put them into zoos. Is that to their benefit?

LBs: That is a very difficult question, because most zoos are not built in such a way . . . although some of them are making an effort now to create a comfortable environment for the animal. But there is a cyclic thing that happens on the earth plane, and there are certain animals that choose to leave the earth plane; it is their time. And yes, they can be prolonged, but they have made a decision that it is no longer beneficial for their desires to remain on the planet, and so, no matter what is done, they may become extinct anyway. But for most animals that become extinct, it simply is due to . . . to the people on the planet's lack of caring for living things. And this is a shift that is badly needed over the entire planet. It is not only for animals, but for the plant kingdom as well, because there are rapid losses of plants that are badly needed on the planet, and yet are being destroyed by the millions. And so, both the plant and animal kingdoms are suffering due to the total numbness of the people that are involved in the destruction. And the more you can do to enlighten or awaken anyone who is involved in such destruction, the better for the planet and the better for the person that you are awakening, because there is definitely karma tied to such destruction.

Q: Thank you.

Q17: What is the affinity or connection between human consciousness and crystals?

LBs: Yes, the more you get involved in studying frequencies and vibrational shifts, the more you will be able to understand the affinity with crystals and the human body, because there are definite advantages to certain crystals and the vibrational effect they have on healing. So there is a lot of work being done in various pockets of the planet at this time working with crystals, and the quartz crystal is used in many ways now in healing. So, it's the frequency that you relate to or respond to; you resonate to certain frequencies of certain crystals. So, it's a matter of resonance.

Q18: Can you explain something about why that is?

LBs: Crystals are, as you know, a living product; it is not something that does not continue to live. On this planet, there are many, many things that are available to the entity on the planet that could help with healing, and that includes your crystals and your herbs. And it is simply available because of the interconnectedness of the entire planet. And it is unfortunate that it has not been recognized to the extent that it could be in the healing world at this time, but it will be seen, as more and more research is done on vibrational medicine, that living plants and living crystals can do much more than any of your allopathic drugs for the natural healing of the body, due to the resonance frequencies, due to the natural way of shifting the cells for healing. Does that answer what you ask?

Q19: Somewhat. I read about the use of crystals in Atlantean and even earlier times; very strong and huge crystals in the earth that are even currently active or are being reactivated now.

Can you comment on the larger picture of how crystals are used for communication, say intergalactic or any kind, or...

Q: Probably part of the grid too.

LBs: Yes, they are definitely part of the grid, but not just a part of the earth grid, but of the entire planetary system. And again, this gets into a very difficult way to describe in words. The energies that are constantly being emitted from these crystals that . . . When you say "communication," it is not communication as you think of communication, but again, it is a frequency, a signal, that a physical entity is receiving without even being aware of it. And it helps stabilize the earth plane. It helps with the . . . it is so difficult to find the correct words . . . not "grounded ness," but that is the closest word we can think of; it helps keep the energy grounded on the planet. And it is a constant shifting, a constant energy focus that could be tapped into once you understand what it is actually there for and what it is doing. But it must not be disturbed until there is a greater understanding, because these crystals were put in place long before the present human form was on the planet.

[BREAK]

LBs: We are open now for more questions.

[Silence]

LBs: The energy was extremely high during the break. There was a lot of information being exchanged, a lot of good camaraderie going on between you, and yet, now you have almost suppressed your energy field. So, let's do some of your toning, to expand these fields again and open you, so that you are going to be more pliable and able to receive and give. So once again, let's do your tones.

[Two to three rounds of group toning]

LBs: Very good. Now can you feel the difference in your energy?

Q20: Did our focusing on sending light; is that what made us get all serious and pull back in?

LBs: There were different reasons for each of you, but it was . . . Many times, what happens when you've been very open with your energies and then you reassemble, there is a shift. And it is a natural shift. And then it is sometimes necessary--which is why many times your crystal bowls, or your Tibetan bowls, or Tibetan bells and so forth are used, because it helps once again focus you on why you have come together; because what happens many times is each of you, in your ego state, goes back into your center and you contract, so to speak. And it is a natural phenomenon that happens many times with groups; it's not an abnormal thing to happen. But that's why you use various techniques for the expansion and the opening.

Q21: I have a dog who is acting afraid and unhappy since coming back from a visit with a friend of mine where she is out in the country and gets to run around and be free. She does this often and then comes back to the city to be in the backyard and in my bedroom with me. She has never been unhappy and afraid before. Is there something I can do to help her with this?

LBs: She is having an energy shift herself. She is going through . . . we will not say a physical problem, because it has not manifested as physical yet, but she is going through a transition of

a sort that many animals do go through as they begin to add years to their earth life. And she is beginning to . . . she has now experienced, as you said, a freedom, and she is literally missing the camaraderie, companionship and camaraderie, and that she has with you when you are in a different scenario, a different setting. She does not feel that same kind of comfort level when you are in your home, because you are busy and are not giving her the same attention. And so, some of what she is experiencing is just plain loneliness, and she is having some difficulty with adjustment right now. It might be helpful for you to make an effort to give her a massage, just a loving massage once a day for five or six minutes. That will help with the energy flow and help make her feel more connected, because she is feeling almost isolated.

Q22: Would it be helpful to have another animal, to have another dog? Would that make her feel less lonely?

LBs: Yes, absolutely! That would be a great comfort to her, because she is lonely.

Q23: Multiple questions concerning the fear of loss; sabotaging the possibility of success, and the loss of a relationship with a brother, wondering if an effort should be made to breach the break.

LBs: Actually, we will answer the last question first, concerning your brother. He is in a place right now where he would be more open, but it would probably be better for you to, at first, prepare more for the connection through doing some meditation and using some light. Send him first pink light and then surround him in white, and do this for several days, at least seven days, before you make the connection. And the connection might work better in writing, expressing your, . . . the possibility that there could be some opening for re-entering a relationship, at least opening the door to it. But he is going through, himself, some difficulties, which have shifted him back into looking at what happened in the past. He has been able to ignore it up until now and pretend it never happened, but there have been some things happening recently in his own life that have shifted him and caused him to look back, and there are some regrets and some pain connected to those regrets. So he is more open than he has ever been, and even if he does not have the ego structure to be able to set aside the differences and open to you, it will open your own heart by your making the effort, and it will complete something for you.

So, when you go into the meditation, do not go into it with any kind of expectation of outcome, but go strictly into it with opening your heart and with forgiveness. And once you have been able to completely forgive all that surrounded the situation, and been able to send the pink light and the white light for at least seven days, then it would be appropriate for you to make the next step. Do not, again, attach to the outcome, because it is not so important that he open to you and you make the reconnection as it is for you to go through the processes that are needed for your closure on this; because it has always been there at the back of your mind, even though it has been at a subconscious level.

LBs: The other thing that you asked about is your discussing the losses and the grief you are feeling. You are going to need to clear any kind of past residue connected to the grief, and you are correct in that there is still some fear connected to any time you see a success in the future that is very close, any time that you think you might actually be able to grab that brass ring, because you don't want to drop it, you don't want to lose it again. And this is going to take, probably, a little bit more processing. Working again with your tapping will be helpful, but also, journalizing would be very helpful for you, even maybe in a ritualistic way, to write down all of the fears that are connected with loss and then perhaps even go through a burning ritual to rid

yourself completely of those fears in a way that . . . and we do not normally recommend ritual, but in this particular case, you need to be very clear about what your fears truly are. And it may surprise you, once you start writing, what the basis of the fear is. It's not what you think it is. Does that help?

Q: Yes. Thank you very much.

Q24: I have a question that [Q23] has given me the courage to ask. I became aware today of having an old rule inside me that says the pain of my making a mistake and losing family is more than I can bear, and what I believe that old rule does is it causes me not to take the kinds of healthy risks to step out and actualize myself. The relationship I am in feels to me as somewhat limiting to my doing all that I really want to do, but I'm really ready to get clear for the first time in a lot of years. Can you give me some insight, in my floundering confusion, about a way to get clearer, a way to work this through, to remove some of the blocks?

LBs: You have made the first step just now, because this has been an ongoing thing for you long before you even entered your relationship with your husband. You have always wanted to be the good girl and to make people happy, to make people comfortable. And you are now recognizing that there are times in your life when that belief that you needed to be that kind of person has caused you to make decisions that perhaps were not to your benefit. And now what you are wrestling with is this conflict of: Do you go for something that is important to you, with the possibility of creating discomfort for someone else? And it truly is more of a code that you set up very early in your life and have continued than it is in true reality, although you do have the dance in your particular relationship, where you are . . . should we say "expected" to limit yourself if it's going to take time and energy that you would normally be spending with your mate. And that is something that you need to be able to be very open about, and express in a very nonconfrontive way that you are having a need, for the maybe first time in your life, to let the butterfly out of the cocoon.

And that is truly where you are in your life. You are breaking out of the cocoon and are ready to truly expand; in a way, not only in what you are seeing as a business expansion, but you are getting ready to expand in all levels--physically, mentally, spiritually. And each of those is going to change you. And so, you are recognizing at a very deep level that this change could create a change, or a break, or separation, and that creates fear within you. But let us say to you this does not have to be a separation if you are open and loving in your approach, and you are sharing in what is happening, but also letting the other person know the importance that he holds in your life still. Now, it will be up to him, of course, and his own reactions may not be what you want, but it will be up to him to respond in whatever manner is appropriate for him. And it may not be the way you would like for it to be, so that you do need to be prepared for. But you are at a point in your life where you recognize that it is very important that you are able to remove yourself from this cocoon, whatever the consequences are.

And so, we would say to you work with your fear that you have, and try to understand. Go back as far as you can remember and pick specific times that you remember making the choice to be "less than" for someone else; and realize what that pattern is. And it will begin to give you the understanding of how, this time, to break the pattern. So sit down and contemplate each of those times, and see how it affected you when you were less than you could be so it would satisfy someone else's need. Do you understand what we are saying?

Q: I do.

LBs: And we think you will then be very clear on how to break the pattern and be able, this time, to come completely out of the cocoon.

Q25: When [Q21] was asking about her dog, I had the same question about mine. I'm thinking about getting another dog because I feel like maybe she might be lonely, or needing some companionship. Can you give me any insight into that? Would that be a good decision for me?

LBs: Yes. In your case you have a similar situation, in that your animal is alone most of the time while you are at work, of course, and then when you are gone at other times. And all domesticated dogs that are, especially dogs that are inside the home, need the warmth and the comfort of the warm body. And again, you might try the same thing with the massage. It would be very helpful for your dog to have that touch as much as possible, but it would also benefit him to . . . even if it were some other kind of animal, even if it was not another dog in that particular case, it would give him some comfort. But something you could do in the interim would be to play classical music while you are gone, or at least some kind of music of a soothing nature. That would be helpful to your dog, in that particular case.

Q: Thank you.

Q26: At the last reading, I asked about a woman who had cured me of a headache some years ago, and in explaining what she had done, you said she sent me, and I quote, "the energy of love, the energy of healing." And I was wondering what the relationship is between those two energies, or if they are the same energy.

LBs: If one is a true healer, one's heart chakra is completely open. And when one begins to use any energy, whether it's the Healing Touch, the laying on of the hands, the using any other method, whatever the method is of healing, whether it be using color or sound or therapy or whatever method, if the heart chakra is not open with the healer, the energy is blocked, and so, many times the healing is not . . . the ability to receive the healing is not complete. Now, the other side of that is if the person who is receiving is not open it could also be blocked. But if both heart chakras are open, there can be an enormous interchange of energies that can create almost an instantaneous healing. So, it is very difficult for one to be a . . . to present themselves as a healer if one has not learned to open to love.

Q27: Does the energy of healing flow with the energy of love through the same channel, or is the energy of love the healing factor?

LBs: Let us see if we can explain this in a . . . because it is neither. What you are perceiving, if you . . . the energy of healing is a vibrational flow; it is simply a vibrational frequency that is coming from the energy field or from the . . . the energy field would be the easier way to explain it, but it is really . . . If one, for instance, is healing with the hands, the energy is flowing from the hand chakras. And again, we will not get into that heavily tonight, but you talk about seven chakras and there are multiple chakras in your body. But this energy simply is a part of the entity that is presenting the modality, whatever it happens to be. A therapist can sit in her chair and actually open her heart chakra, and that energy flows and blends with the receiver, much as an electrical signal almost. That would be the easier way almost to explain it would be much as a radio receiver receives signals that are constantly there, but unless the radio is turned to that particular frequency, it cannot receive that signal. It is very much the same kind of thing when you are in a healing mode. You are sending out a signal, a frequency, to a receiver. But unless

that receiver also is turning to the correct channel, then the signal does not get through. So it requires both the receiver and the sender to be open. Does that help answer your question?

Q: Yes. But the . . . what you are sending is a specific frequency that is generally healing? I assume, with intention--

LBs: You cannot put labels. You are trying again . . . you are back into your head, are you not?

Q: I am.

LBs: We are trying to explain to you the energy does not have a label of love or healing or any other such label. It is an energy that can be received, and it comes from one as the intent of healing. So the intent is what is focusing the energy. But it doesn't necessarily have a particular label, so to speak. One can be . . . just be, and be in another's presence and have a healing presence. Have you experienced that with someone who you just are in their presence and there is something about them that when you leave, you are in better . . . in a better frame of mind, a better energy, more centered than you were when you first joined them? And they have a healing nature.

Q: Yes; I am sure that I have experienced that.

LBs: So it is an energy, it's simply an energy.

Q28: I know that I've had a similar experience in the other direction, but where the intention was not healing but was to calm someone. And it wasn't like I sent a specific . . . There was an intention, and I felt a flow of energy from myself, and I saw an effect. And so, I can understand from that.

LBs: Yes. And so, you could label it "healing," you could label it "calming," you could label it whatever, but it was an energy that was beneficial in balancing. And that's truly all that healing is. All a healer is capable of doing is creating the space for balance.

Q29: If I've not mistaken, I read that Valerie Hunt did research at UCLA, where they measured--I think it was Valerie Hunt; it may have been in Oschman's book, "Energy Medicine"--where there were recordings of hands-on therapists. And the ones who had the healing hands apparently had a frequency that was a complex wave form that would fluctuate over a range that was basically in the human physical range of activity, and it centered somewhere in the six to nine hertz range, being complex wave forms. The wave forms vary and move around, not of a conscious intent, but apparently of its own accord. Is there anything you would like to comment about that?

LBs: So, are you asking the question, "Does it move around?"

Q: Well, apparently it does, because that was what the observation was.

LBs: Correct. It does move. And it goes from very low frequency to very high frequencies at times; so-called "spikes," you might say. But yes, it definitely does. But that is just . . . Again, it is impossible when one is in the healing energy, or in the healing mode, if you are concentrating on healing, to keep it at a frequency level that is the very same all the time, because your intent more or less comes and goes, if that makes sense to you.

Q30: Is that why my hands go all over the block when I do that? They just go up and down and all over. And it's not me doing my hands.

LBs: You mean physically?

Q: When I send energy, yes; physically.

LBs: With you, it's a little bit different. There is a physical phenomenon that's involved with energy and you that creates that particular phenomenon. We're talking here—C_____ is asking a little bit different question. He's actually asking about the wave of energy, and it does vary. It comes in almost a cyclic wave.

Q31: My understanding is that the human body vibrates to multiple frequencies at different times and for different reasons: cells and organs, the different parts of the body, the etheric body, the physical body, thought, etc. And when it's out of 'balance,' what is needed is so multi-faceted that hands-on healing, or just love energy that we think is coming through is nothing that we can consciously--especially hands-on healing; it's not a conscious act. It's an act of stepping aside to allow the higher realms to act through you, as a conduit to give to who you want to put your hands on what they need. And it goes to where it's needed when it's needed, and we sense it by hot and cold and things like that. But we can't control it; we just allow it to come through us. But love energy per se; is it not true that love energy is all energy?

LBs: Your question is--

Q32: Is love energy really all energy? It just goes wherever it's needed?

LBs: What we were talking about was almost two different things, so let's back up a little bit and go back to the question about the love energy. What we were saying there was, if the heart chakra is not open and love is not allowed to, the energy of love is not allowed to flow, there will be a block in the healing. So that is one kind of situation, that there would be a block. But what you are saying or asking, if we understand your question completely, is, "Is love an energy?" And love is a vibration, yes, if you are tagging it, if you are labeling it as a kind of energy. All, every single emotion or every single feeling has a frequency, a different frequency, so love does have a particular frequency. Is that what you are asking?

Q33: I guess my problem was that I was trying to label it and that's where I got confused.

LBs: Yes. This is one of the biggest problems with an entity understanding what energy is about, the energies that your etheric body is made up of. You are constantly trying to label it, you are trying to decide what color it is, you are trying to decide how many layers it is and what it looks like. And you are so busy with all of these little niceties of putting it in a box, and it can't be completely put in a box; it can't be labeled black and white. It's like when we were trying to explain to S_____ several weeks ago about the different levels he was asking about. And they intermingle, they interweave with each other, so that it's not a completely cut-and-dried separation of each field. So, it's much the way energy is. It can't be . . . you can't say, "Well, this is just a love energy; there's nothing else involved here," because you can't just . . . If one is sending out love, one is expanding. If one is sending out fear, one is contracting. And so, it's more like an expansion or a contraction, as opposed to it being labeled a particular energy. Do you see what we are trying to tell you?

Q34: I guess so. It's just that when the healer says to someone "I'm going to open up so I can give you the love vibration," I mean, the natural inclination of anyone is to ask, "Well, what is this vibration?"

LBs: No, a healer does not "give" a love vibration. A healer opens and allows their heart chakra to open, so that love freely flows. But when we say "love," we are not speaking . . . this gets so difficult when we have to use your language, because when we speak of love, it is an expansion of All That Is. So what you are doing is connecting and sending out All That Is. Do you understand? ["Yes"] And that's what a healer does is connect and send out All That Is. And if the receiver is willing to accept All That Is, then they can be healed. And that's what healing is . . . is joining with the One and accepting that . . . All That Is. And it gets very difficult when you try to start labeling it as a particular kind of energy or how does this work, which is what is befuddling so many of the scientists. Does that help at all in explaining what . . . when we're speaking of the love energy, it is simply opening to the Source. And unless the healer is capable of doing that, they have blocks, so that the energy cannot flow through.

Q35: I've had two situations where I have been driving on the road and there has been someone coming straight at me, passing someone on the other side. And this is recent. Is it a sign of some sort?

LBs: Yes. There is nothing that is manifested in the material world that is not mirroring something for you. And you might need to stop, pull over to the side, so to speak, in your life, and see if you might be perhaps taking . . . we won't say "taking a chance," because that's not really what we're wanting to say, but putting yourself at risk with some . . . perhaps some decisions you might be making. Not that it could be dangerous; we're not saying that. But we're just saying it's an indication that you need to be a little bit more careful about your path at this time.

Q: Thank you.

LBs: We would like to expand just a little bit more on the question just asked, because we think it is important that . . . because of the shift of the planet and some of the things that are transpiring at this time, because there have been so many, so much change and such a shift, it would be wise for each of you to look at not only your mirrors that you are being presented on a daily basis, but to look at what you manifest outside of yourself. And many times that is giving you a message, if you will only listen, before it has to manifest in your own body, or in your own life. So, sometimes it almost acts as a warning for you. So be aware and conscious of your exterior life, and when things start being troublesome externally, give that some thought and see how that might be connected to what you could bring into your own physical being or into your immediate vicinity. So, just something for you to play around with and look at, because there are many times little messages that are given to you on a daily basis, in many, many ways, if you are cognizant of it and are bothering to listen.

Q36: The last time we met, and exactly along those lines, there was a difference, a heavy energy that we all experienced, and you suggested that we see what was underneath that experience for each of us and that you wouldn't say a whole lot more at the moment. Well, this is a different moment, so I am going to ask you for a follow-up.

LBs: Yes; and we are more than willing to share with you now, because we hope that each of you has taken to heart what we asked you to do and did look inside and see why you had your particular energy shift. And actually, for each of you it was different. Each of you had a different

trigger, a different reaction to the visitor that was here and to some of the things that he commented on. And so, it would be very beneficial to each of you to look at what your reaction was, and to what part of what he said . . . and why. You will eventually recognize, as you continue to grow spiritually, that when someone creates unrest, discomfort, any kind of . . . something that gets your blood boiling, or your hackles up, or whatever you might want to call it, any time this happens, any time you become angry at something you are hearing, it is speaking to something much deeper than what is presently being said. And it will be much to your benefit to look at it and try to understand why that particular thing is resonating in the way that it is for you, because any time you react, it is due to something that you are needing to look at yourself. You never get upset or angry at what someone says unless it is responding to something that needs to be looked at within you. So, he was a real gift for you, for each of you, and we hope that you will look at that a little bit deeper and analyze what happened with you, what was said that was not . . . you were not able to take in and let go of. Now, what changed the energy was that each of you had your egos triggered and you no longer were in a unified place, but separation took place. And that's what happens many times, when you feel a change of energy, is a separation.

Q37: Is Greg Braden's presentation of the Essene seven mirrors accurately helpful, and are there any other comments on how he presents that?

LBs: Yes, as a matter of fact, that is a very helpful way of looking at . . . yes, at the mirrors. And we can get into that at a later discussion.

Q38: Moderator: Is there anything you would like to say in closing, Light Beings?

LBs: We would like for you to use as your homework assignment this time to . . . As you go through your week, someone is going to make you angry.

Q: Already has. (Group laughter)

Q: Is that just one person? (More laughter)

LBs: Pick the one that you seem to react to the most, and work with that even by doing some writing on what this is bringing out for you. It will be a real challenge, because the first thing you are going to find yourself doing is rationalizing that it is their fault; but step aside from that first rationalization and see what kind of mirror you are being shown, and see what you can gain from that. And see what a gift it is.

LBs: With that we will say good night.

Group: Good night.

[End of session]

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