

Light Beings: Good evening. It is always interesting to read the energy here, because it is different every time we meet together. Tonight I am sensing there is some separateness and also some distance. I do not feel the normal energy that is present most of the time when you gather. Perhaps it would be of benefit again to do as you did before and to start the group energy, pull the group energy together, with the toning. So let us start with that again tonight, with simply using your tone. And do it for seven times.

Question #1: Seven breaths, you mean?

LBs: Seven . . . yes, seven breaths.

[Toning]

LBs: That creates a very nice flow and gets rid of any unevenness in the energy field, and creates a oneness that was not here before. Do you feel the difference?

[Several affirmations]

LBs: We'll open now for any questions you might have.

[Short silence]

LBs: This is truly a first! [Group laughter] We do not remember ever the time when there were no questions to be asked. Is that because you are still somewhat in the mode of the toning, or is it that you simply have all of the answers now? (Much laughter from group)

Q2: Well, I have a question. I had a colonic treatment today, and the person who was assisting me said that she was seeing something that she had never seen come out of a person before, and it was very, very, very old, as if it had come from my teenage years. She said it looked almost like old tissue, and I'm wondering if that could mean that parts of my body are starting to regenerate, or just what that is.

LBs: Many times the body has the ability to deal with toxins and with processes in the colon for years, and it never removes completely some of the remainders of the toxicity, of the toxins. This is one of the reasons that colonics can be of a great aid when one is trying to clear their system completely. And she was right in that it was some old tissue that had released, because you would have had, many, many years ago, some difficulty with your colon--not exactly colitis but something that created some . . . almost like a sore or an infected area that healed over. And so, it truly was just cleansing out some of this old . . . it gets not even a pleasant thing to be talking about, but some of the residue that forms, stays on the bowel wall for many years; even some of the antibiotics can stay in the system for up to seven or eight years. So yes, it was cleansing some of the old tissue, and it is very possible for one to "regenerate," as you say, new tissue, and you are doing that all the time anyway.

Q3: I went to a couple of psychics for some fun. One of them was really interesting and I related to, the second one I didn't feel like we were in sync at all, although she may have given me some very valid information, or it may have been that she told me some stuff I didn't really want

to hear. Then she drew a picture of this oriental master and said he was my guide, but he had his eyes closed and he wasn't going to do anything until I acknowledged his existence. I thought that was kind of interesting and just wondered if you could make a comment on that.

LBs: Well, first let us say it is very important when you do consult with someone who is bringing information in that you are comfortable with their energy. We are going to try to make you more and more aware as you progress in the learning about energy that it is necessary to be very conscious when you are willing to take any information from another, be very conscious of their energy. And if you don't resonate to it, it is because you are of a different vibrational frequency, or for some reason you are not connecting, perhaps even on a heart level or a different chakra level. So it is necessary for you to be conscious of that, and it may mean that you will want to filter a little more carefully the information that is coming to you.

Q: I certainly felt that, the difference between them. The first one and I just clicked really well; I felt she was just right on my channel. But the other one, I didn't get that at all.

LBs: And part of it was because your energies weren't compatible, so to speak, and so it was much harder for her to be able to pull the information and give it to you without her own filter getting in the way, because she would have difficulty getting that information if there was some resistance with the energies. So that's why it is very important to feel that the person you are receiving information from is of an energy that you respond to.

Q4: I see. So that does make a really big difference then?

LBs: Absolutely!

Q5: Yeah, that's what I thought. Well, was there any validity in what she was saying about that oriental guide? I mean, is that true?

LBs: We do not see any particular oriental guide that is around you at this moment. That doesn't mean that there wasn't someone at the time.

Q6: I see. Yeah, she said they come in and out, so I was just curious about that.

LBs: Needless to say, it is probably not a guide that is with you all the time.

Q7: But there are some that are?

LBs: Yes. Oh yes. There are guides for every single entity that comes onto the planet. There are always guides there to help them with . . . whatever they will allow them to help them with.

Q8: Is it important for us to connect with our guides or to become aware of them?

LBs: It is very helpful. You are connected already and you receive information. Many times you will just credit that to being intuition, or you will just credit it to being a coincidence or some kind of synchronicity, when the guide is truly there to give you information. Once you become aware enough, you will be able to pull that information at will; you won't have to wait for an inspiration, so to speak. So yes, it is important that you begin; not necessarily that you know what kind of

guide, that's not really necessary at all. And when you ask, "What do they look like," well, they don't always even have a look. It may be just an energy that is coming through. But it can be extremely helpful if you are open to that. So yes, it is important that you learn to open to your guides.

Q9: Is it practical to ask these guides for things that might seem insignificant, such as asking for help in making a left turn prior to hitting the intersection, and nine times out of ten I'll get a good break even if there's a whole lot of traffic. I wonder if this is real or if it's just something that happens or . . . ?

LBs: Really, what you're asking is just to make your surroundings flow, and yes, that is one of the most common things that people begin to notice when they start opening to that kind of information is they find parking places very easily when they are heading somewhere. It is always there for them.

Q10: Do you need to ask for this or do you just expect it or . . . ?

LBs: You allow the flow. You just allow the flow, and expect--you expect for it to be easy. That really is probably the main thing that needs to be put in place, is to expect it to be easy. And you can use that in every area of your life, is to expect life to be easy. Now, unfortunately, what happens with most entities is there is a conflict and they expect it to be easy, but then a pattern or a code sets in where "Momma said it wasn't going to be easy," and that changes the flow. So, if you can get rid of, or recognize, at least the program, the code, that you are still playing your game with, and simply expect life to be easy, then yes, things will fall in place. Now, that does not mean you will not have challenges or obstacles that you need to work with, because that is how you learn and how you exist on the earth plane. But it doesn't have to be difficult. Do you see the difference?

Q: Yes. Thank you.

LBs: A challenge does not have to be difficult.

Q11: Do guides have guides, and everything is connected, and that's why they would have guides?

LBs: What you are saying is accurate to a sense: everything is interconnected, and information is always available, and it may come through various energies, and your particular guides may not always be where that energy comes from. So if that is what you are meaning, yes.

Q12: I was just saying that even guides--all energy, everywhere--because it's connected, by definition is guided, because everything interfaces with everything else.

LBs: That is correct. Everything affects everything else.

Q13: And wherever there is any type of consciousness or free will, it's going to draw energy in that is a response to that will.

LBs: But do not forget that "free will" is a rule on the earth plane. Free will is not a concept in other dimensions.

Q14: Right, for the human entities. I mean, the plant kingdom is not free will, is it?

LBs: No. It is a rule of the earth plane that is a part of the human entity, yes.

Q15: When human energy is sent, does it come from the sender, or from the spirit guides?

LBs: That is a rather complex question because it comes . . . Healing energy is always present, and you are simply focusing it so that it can either come through a vehicle, an entity, or you can even bring it in yourself, because it is part of the greater Source, a part of the entire "Isness," you understand. And it's a matter of just focusing it, through pulling . . . For instance, a healer, or someone who has healing hands or does work with healing in that manner is simply opening and allowing themselves to pull that energy through. But the energy is already present.

Q16: My mother is a shaman; she believes in the shaman way. And when she does healing, she believes the healing energy comes from her guides.

LBs: And that's fine, if that . . . Many times . . . You must realize that in the Native American tradition, there is a lot of symbology, and the symbology is the way that it brings the focus into the earth plane. And so, if she sees, as a symbology, that the energy is coming through her guides, that is fine; that works for her. Symbology many times works for someone because it is an easier concept than to be able to understand such a concept as the Source or the Greater Than; it is much more difficult to believe that that is where the energy is coming from. So it's easier, many times, to use the symbology of the guides.

Q17: I want to ask if it is possible to have a variety of guides. For instance, there have been times when I felt like my guides were Native American, but then there were times when I felt like my guides were something other than that. Are they Native American, or is there a possibility there of more than one type of guide?

LBs: Yes, because what actually happens . . . and many times it's not even the guides you are pulling from but it may be from past life information that you're remembering. And we've spoken to you before that you have had several Native American lives, of several different tribes, and so, as you begin to awaken, there are remembrances from these lives also, information that comes through. So, it is not necessarily just entities or energies that are not of this plane but could be energies that you are pulling in from past lives. So it's not always easy to see exactly what you may be pulling from. Guides are simply an energy that is there for you.

Q18: The other day I was working on Joyce's leg and heating up my hands and transferring that healing energy to her, and I got a sense that I was picking some information up, but I didn't know if I was imagining it or what. When a person is opening themselves up to the healing energy in whatever manner is appropriate to them, are they at that time more open to receiving information intuitively than they would be otherwise?

LBs: Yes, because they have put themselves into a state of being more open to receive that energy, and so, they can receive other information just as easily. So yes, you are absolutely more open when you are in that mode. And this is what has happened as [a particular member of the group] has progressed--if he does not mind us using him as an example here. As he has progressed in his openness, in his connecting with the Source, he is finding that he is also receiving information much more easily, but it gets sometimes difficult to know if he is--for himself--if he is "imagining," as you say, or receiving directly, or just knowing. It gets confusing where this information is coming from. But it is simply because you have opened. And the information is there. Much as a radio signal is out there, the information is ready for you to receive, but you must first turn to the right station.

Q19: So what you're saying is just trust what you are receiving then, at that moment?

LBs: And the more that you get feedback--and that's a good way to find out if you are receiving information that is valid, or if you're letting your mind just work overtime, is to get some feedback from the person you are working with. Or if its information you are receiving for yourself, keep notes... Watch what is valid and what is not valid and when is it valid and what kind of position are you in at the time, what kind of receptivity are you in. And then you will begin to know that yes, you are receiving information and it is valid, and you are getting confirmation of that validity. And the more you do that, the more you open. And the more you open, the easier it is to receive that information. Everyone is capable of doing exactly what this entity is doing right now, perhaps not in a verbal way, but to receive the information is certainly possible for every single entity on the planet.

Q20: It is very helpful to have enough experience that you can tell the difference between, say, a simple thought of the mind, and information that's directed towards what you are doing. You are working with somebody with the intention to resolve something, or to find the answer, and there's a difference; each one is different--imagination, just a thought that your mind picks up, and an answer from deep inside. It's different.

LBs: Yes. And the way that you begin to be able to tell the difference is through exactly what you said: through experience. And you make the conscious effort to note when you are getting this information. So many people receive information on a daily basis and shrug it off as just a thought or . . . whatever the reason, it's ignored; it's ignored. And the more it's ignored, the less information comes through.

Q21: I find that if I try to hold an issue or a question in my mind and look for an answer it never works. I can't get any information that way.

LBs: Yes. And there are ways that you can learn to ask a question and then get into the state of reception. There are many ways of doing that. And then, what you are doing is setting your mind aside, so to speak, to allow information to flow in.

Q22: Do you have any particular techniques?

LBs: There are many people and books out there that can help you with that, but the very simplest way--and again, this demands practice--is to ask a question, and then if you are a meditator it's very simple usually for you to get in that state, or at least more simple. For those of you who do not meditate or have never meditated, it may be a little more difficult, but what you really do is you open to nothingness. And an easy way perhaps to start doing that is to use a tool such as maybe even a candle or something that you can look at. And most of you have been mesmerized by a flame at one time in your life. Sitting and looking at a fire even in a fireplace, you'll find yourself just not there for a moment or so. And so, that is an easy way to start getting into that space is to light a candle and then go into a very relaxed state and ask the question, and then just simply go into nothingness. And then you will find very quickly something will come through. And accept what comes through, the very first thing that comes through. Once you start analyzing it, you are back into the mind. Then the mind starts working and analyzing, and you've lost the ability to receive the information. Another way to get started in receiving information is in the dream state, and that is simply ask the question before you go to bed. And another simple tool is to just simply drink a glass of water as you are asking the question.

Q23: What does that do? Does it program the water or something?

LBs: It programs, since you start relating asking the question with drinking the water and telling yourself you are going to remember. And many times you will find you will get a very specific answer, but it may be in symbology. And that makes it a little bit more difficult to get the information, but you are very capable of getting answers that way also. And that's a good way to start tuning in those kinds of things.

Q24: What about journaling?

LBs: Journaling is another excellent way to start receiving information if you will allow yourself to journal without, again, analyzing what you are writing; just allowing information to flow.

Q25: Sometimes on a typewriter I just let go and I don't think, and I just let my fingers go; sometimes it'll come through. I'm there, but I'm not, you know. It's kind of fun.

LBs: Yes, if one can ever grasp that and it works for them two or three times, it becomes easier and easier to get into that receptive state. Most of you find yourself when you are driving getting into an altered state, and you all of a sudden realize you've gone several miles and you do not remember.

Q26: It's kind of scary to me.

LBs: That is true, except your 'over-self' is taking care of you, or you would have been off of the road. What we're talking about is when you really are in an altered state, when you catch yourself doing that, feel what it feels like, if you can, right when you come out of it, and then [later on, but not while driving!] see if you can get back into that same kind of altered state. And again, the more you do this, the more you'll be able to receive information when you are there,

because what you are really doing is your mind is stepping aside to allow that information to come through.

Q27: Then what do you do to get back, get the mind back where it needs to be? That transition, particularly this past month, has been more difficult for me.

LBs: That again requires a conscious effort, when you are going to make that transition and go into that state, to tell yourself before you go in that you want to be very clear when you get the information and are ready to come out. That should be an automatic thing, once you receive that information; you should be able to slip right back into a less altered state. But you might need to do some things to start with to ground yourself when you come back out.

Q28: Isn't it important, if you are going to practice allowing information to come through, you program your mind in advance to have certain kinds of energy come through, like love and light, as opposed to just random energy?

LBs: We are not talking about going into a state where you are bringing in other entities or energies. We're talking about receiving information that is for your own personal benefit. Are you speaking more of where you are going into an altered state and trying to get information for other people, or for--?

Q29: I thought that the source of information could be applicable to anything, because it was all interconnected.

LBs: If you are ever planning on getting more and more involved in something where you are going to be asking a lot of information in that respect, yes, absolutely, you need to be very clear about what kind of energies you are bringing in; but then, more and more we are hoping you are going to realize that every thought that you have is an energy, and you would not want necessarily to . . . A really good practice for each of you, if you are willing to take the challenge, would be to never allow a thought that you would not want to be heard by someone. And if you are willing . . . In other words, do you think thoughts that you would not want other people to know you think? And that is, if you are willing to open your own being and look at your thoughts, then you are never going to think about bringing any energies in that would not resonate to you. And it is important for you to prepare yourself if you are planning on going into an altered state for any period of time. What we were just speaking about was just receiving information, you know; as someone said, they ask a question and they want to intuit or receive that information.

[BREAK]

LBs: Welcome back. The energy does feel a little bit more alive now than it did in the beginning, and I think perhaps, from some of your discussions, there have been a lot of new questions and perhaps some answers, and so, let's open now for any questions you might have.

Q30: Is it true that the human body can do without food, and if so, why are there people starving?

LBs: The stories that you hear about people going without food for long periods of time are those of avatars and people who have prepared in many ways, spiritually and by preparing their bodies for such an event. And it is not the normal way that the body functions. So, when you are saying those that are "starving to death," these are people who have known hunger for most of their lives or for a good portion of their time on the planet, and the last thing that they are concentrating on is the spiritual way or preparing their bodies for such a task. It is a totally different kind of situation. One can live for a long time without food through the spiritual preparation, but that is a totally different issue than what you are speaking of.

Q31: I have a personal question. We talked some on Monday about the work I'd be doing with women and children, and I'd you to tell me a little more about the use of sound and toning and how that will help in that work. I'd like some direction on how to go about doing that.

LBs: If you will study as much as you can about the vibration of sound and how it affects the physical body, you will find that it can penetrate in a way that no other method that is noninvasive can penetrate the body and make cellular changes. And not only does it work in such a deep way, but it is an acceptable way, because if you are using the voice, for instance, it is something that is with a person, and if they can learn to use this voice as a healing tool it empowers them. And so, if you can learn some of the techniques of toning, even some chanting, affirmations, music, drumming, anything that you want to use with the crystal bowls, your Tibetan sounds, all of those open the cellular structure in a way that even . . . that nothing really does. And it does it in a way that is acceptable to many people because you can work with music, things that are not, should we say, of a nature that seems foreign to people. So you can introduce through music and then gradually work through other methods and tools, and it's an exceptionally good way to teach people things that they can take with them and work on their own with then.

Q32: Well, I understand the basic principle of using the sound and the toning to help them release what they can't seem to let go of, just like the toning at the beginning of our channeling tonight helped us synergize our energies and get us into that state of mind. I understand the principle of that. But I guess I'm asking are there methods in particular that I could study, or get books on, or teachers? You mentioned Thomatius--

LBs: Thomatius has done quite a bit of work with children and learning, and that would be a good one to look at, some of his work and some of his research. That would be a good way for you to start.

Q33: So, as I study and tune into my knowingness, it will just evolve?

LBs: If you will learn all the tools you can--that's why we're saying don't limit yourself to any particular tool. And this is true of anyone who is wanting to learn a particular modality. Do not limit yourself to a particular master, or a particular study, but study as many of the tools as possible and integrate them into what you resonate to. And then you will be much more powerful in your presentation. If you simply study someone and emulate what they do, then you are going to miss some of the energy that you could really create by integrating it into your own

resonance. You need just to do as much study and experimenting on your own as you can. Use your own voice and play with it and find out what it can do for you in learning to balance and learning to release. And work with as many things as you can find that you will resonate to and feel comfortable with, and then you will begin to find certain things that work better than others with certain kinds of personalities and certain kinds of energies, and it will become a natural process.

Q34: How is the [Presidential] election that we just had going to impact us directionally?

LBs: Let us say that what has always been in process is now going to escalate in a way that may not be of benefit to your nation. You may have to spend a lot more time working with the light. You may want to . . . There are many groups of people now that are using energy and forming large groups to send energy, send light, send prayers to try to diffuse what is already set in motion, but it is going to be more difficult politically now to create a balance. So, it is going to be up to the grass roots of this country, of those that have the intent of peace, to work together to try to offset and to rebalance.

Q35: Would you recommend something in particular that this group can do, as a group, to be helpful in that way?

LBs: As a group it is always helpful to blend energies, with pure intent, to send energies to the leaders of your nation and to the leaders of the nations that are being challenged. It also would be of benefit to send these energies to the peoples of these nations. It is always beneficial to have group energy work because it is more powerful and the intent is stronger. So, you could start each of your sessions with the thought and the energy work to . . . and set your intent for what you want to accomplish before you start your meetings. And it would be very productive. Again, there is much of this going on throughout the entire world at this time, and any time you, as an individual, can take the time to center and send light and send love to these political leaders, then that certainly is helpful.

Q36: Well, my personal belief is, and I think a lot of people share this, that the most important thing you can do is be that peace ourselves.

LBs: That is the greatest gift you can give to your country, to your family, and to yourself is to live what you believe you want.

Q37: I also understand that there is a duality that's going to have to sort of be played out, so when we get together I'm not so sure focusing the intent on asking for peace is the right intent to have. So, are you saying the best thing to do is just to send the pink light for love ....to send the energy of love to the leaders and the other countries?

LBs: Yes, to send the light, so that they may . . . What you are dealing with is light and darkness, the energies. That kind of polarity is what we are dealing with now in the . . . not just in your country but in all countries, you are dealing with these polarities. And they all have become much greater as the shift is being made on the planet, as the vibrational shift is changing. And so, to be able to send the light to these political leaders is perhaps the greatest

help you can give them, because it opens their energy so that they may be able to see some alternative ways of dealing with things.

Q38: Okay. So the pink is the light?

LBs: And the white light. The white light is all color, encompassing all color, and it is the most important light to send in this particular situation. But do not forget the power of thought, because if your intent is pure and you are all thinking also of love and peace in your heart and you are sending that energy out, then it ripples on out; it goes and reaches the far corners of the earth. It is much more powerful than you can possibly know.

Q39: I am starting to feel some type of pull about simplifying things, and I know I'm going somewhere, but I don't know where. Can you enlighten me on where and when?

LBs: You are in the same position as we would say a huge percentage of those that have made a decision to walk the spiritual path or the path of growing and really expanding your consciousness are in, that particular position of "where do we go from here," because there are so many changes happening, so many shifts being made right now, and things happening so rapidly, that the information that flows to you is almost outdated by the time you receive it and understand it. And so, it is very difficult for many to know exactly what they want to do or where they want to go, because that is what is happening.

The best thing you could possibly do at this time is to spend periods of time of being very still and opening to . . . or centering, so you can feel at a very deep level what is best for you. And you will begin to start getting answers. But it is necessary that you do take that time for centering and allowing the information to come in, and then you can start integrating it and begin to see the bigger picture of what you need to do. So do not rush into something at this time but allow yourself that period of contemplation, or not necessarily even contemplation but just receiving.

Q: Thank you.

Q40: Our last meeting ended with the homework of noticing when you were angry or when you felt anger, and I was wondering what light energies would you suggest using when you feel anger coming through yourself.

LBs: When you are feeling the anger within you?

Q: Yes.

LBs: Depending on what is stimulating or triggering this anger, whether it is a situation that you have created or whether it is an external situation that you are reacting to, will really determine how to handle it in the way as far as using color. And that is one of the things that we were speaking of. When the anger is coming from what you perceive outside yourself--someone is making you angry--then one of the better ways to handle that energetically is to try to center yourself and then picture the light coming from you that is pink surrounding that person and then surrounding that person with white light. And that will tend to diminish a lot of your reaction to

that action, and many times you will see a change in the other person's energy also because you are sending out a different energy than he or she would normally be expecting. So that's the way to handle someone else's anger coming at you or something that you think is creating the anger outside of you. But most of the time, the anger is coming from something that is going on within you, a perception that you have or a reaction that you are having, usually due to some type of deep-seated fear. And if that is what is happening, then first, if you could simply wash yourself through with blue light and then surround yourself in pink, you would find yourself calming very quickly.

Q41: You were talking about the internal anger, and I presume that over the years, things that have made you angry, you have stuffed down into your subconscious, but then you do work, and the anger just bubbles up. Can anger be as a result of work that you're doing, and you don't really understand it, or know what it's about at all? Does that happen?

LBs: You are energetically releasing emotion that, as you say, has been stored. As you know, every time you have any kind of emotion, it is stored in the cellular structure of your body. And there are many ways to release that--through body work, through some of the work you are doing with your energetic tapes--there are many ways to release; and yes, that can release that energy that you have stored.

It is not always necessarily important to know what specific event created a particular emotion that has been stored. What is important is to notice if there is anything that is triggering that, because that normally will tell you, you have set some sort of code, that you have a belief system of some sort that you are holding onto.

Q42: There will always be a trigger?

LBs: That's what we're saying is there are times when you can release an emotion that has been stored, and you don't need to know what the situation was. But if you are noticing, for instance, every time somebody uses a particular tone with you, it triggers anger, then you may need to look at what kind of code, or what kind of pattern do you have stored that is coming from somewhere in your past that you have a belief system about. And so, then you will need to do further work on what the origin of that is. But if it's just an emotion you've stored and it gets triggered, it can be released and you let it go. Do you see that difference?

Q: Yes. I think I see the difference in the two.

LBs: It demands that you be more conscious of, when the anger bubbles up, whether there was a trigger, something on the outside that triggered that bubbling up.

There are occasions when you are simply releasing emotion, yes. But normally, when one has, more than once or twice, an episode of something bubbling up, as you say, it is because there is something attached to some kind of perception or belief that you have been carrying around with you most of your life; and it gets triggered.

Q43: Yesterday morning and this afternoon I was working with two different people with a mix of techniques. I actually used the voice to not only say what I was becoming aware of, but also used it for toning and moving energy. What did we accomplish, what centers were involved, and are there any techniques or ways to assist these two individuals that I haven't drawn upon?

LB's: The one you worked with yesterday, her energy is very locked. We would recommend that you work a lot with her second and third chakra; there seems that there is a lot more of . . . we won't say "block," but a lot more heaviness in that area. And there you could work more with your lighter work that you do with your energy. And the toning would work better with the one you worked with this afternoon; there we see more needs to be done with the fifth chakra, of speaking the truth, of more opening of that area. So anything that you could do to help open that particular chakra would be of benefit, but she also could work on her own through toning and through . . . we would prefer not getting into . . . we see what the problem is there, but this is not really the time. We can speak to you privately about that.

Q44: Thank you. Yes. Those were the instructions and the suggestions that I gave her, and working with her this afternoon was just another experience of saying what was coming to me which turned out to be helpful for her, and getting her feedback.

LBs: Yes, this is very important for anyone who is facilitating the work with anybody's energy is getting the good feedback too, because it gives you more confidence if that person is able to let you know what they are comfortable or not comfortable with. Many times, one will work with a client and not bother to get the feedback, and you may be doing something that is uncomfortable for that person or they may be feeling something they may really want to be sharing with you that would be helpful to you but you've not made it open for them to do so. So, in your work, any of you who do work with your energies, allow that client to give you feedback and make it the kind of environment that it is comfortable for them to do that, and you will find that the work will move much, much faster and be deeper.

Q45: Is there a difference in when we're asking a question for ourselves or asking it for someone else? It seems to me that I have less trouble with doing it with someone else than I do with myself.

LBs: And that is asking a question from--

Q: Just asking for answers for myself.

LBs: That is an interesting question, because what you are saying in asking that question is that you are not as confident in your own answers, because you are not as comfortable with what you are about, or you do not believe. You do not have the confidence in your own abilities as much as you do in the ability for reading for others. And that is a very typical situation with almost everyone when they first start opening to information coming in, because you believe that it may be your imagination, or you may be thinking the answers.

And when you receive for someone else, you get feedback and find out that you are having good results, and it builds your confidence for others; but you can't give yourself that kind of

feedback. So it's simply that you do not have as much confidence in receiving answers for yourself because of that. But continue to work with that. You'll get more and more confident in that you are stepping aside and allowing information to come through for you.

The group is unusually sedate tonight, and we do not know if that is because you have a guest, or because you are just sluggish for one reason or another. But we feel the energy is very, very syrupy tonight [Group laughter], not nearly as vital as it usually is.

Q: I can enliven things up a little bit.

LBs: That may be what they need is--

Q: Well, could you guys hook me up with a ride on a spaceship? [Group laughter] I'm ready for some intergalactic travel.

Q: That was going to be the subject of my question.

LBs: Go ahead with your question. We will not bother to answer his. [Continuing group laughter]

Q46: I've done some reading on visitations by beings from other civilizations actually coming to earth and trying to take over or harvest the DNA. Is there any validity to this? Is this something we need to be concerned about?

LBs: There definitely is some validity, of course, in the thought that there are other beings that do not inhabit the earth, and some are far more advanced in some ways than the earth beings are. But it is more the earth beings' paranoia when they are thinking they are going to be invaded. Beings that are of a more advanced nature would not have that same concept even of wanting to take over such a planet as earth. It is not something that would be of benefit to them, or to the planet here. But there definitely is interaction in some ways, and that gets into a whole other discussion that we can get into with you at a later time, when we have more time. But some of the reports of visitors are fairly accurate, but it is not of any kind of . . . anything that is going to be detrimental to entities here. So, it is more of a paranoia of constantly thinking someone is going to attack you, and that is certainly prevalent at this time. Many times, even the paranoia that goes on in your political scene is just that, and yet, it gets built into something so much greater that you actually create with other beings on this planet: complete discord. So, it's a very similar kind of thinking. So, does that explain what you were asking? Yes, there is validity that there are other beings, but no, they are not planning on taking over and destroying the planet or the people on it. That is not what would be . . . nothing would be accomplished by that.

Q47: Is our genetic history connected with them?

LBs: You would find that there is definitely a genetic history with some of the entities or beings that are presently interacting, and have done so in a far distant past in a much greater capacity than they are at present. They definitely were a great part of the planet many, many thousands of years ago.

Q48: Does cellular memory change because of physical changes in the DNA structure, or is it the result of an energetic 'summation' of one's vibrations of thought and feeling...?

LBs: There would be no aging if one was able to never have any kind of emotional input that would be detrimental to the body, because that does affect the helix every time you have a negative thought, a thought that is not empowering. It affects your DNA structure. It affects the cellular level.

Q49: In the shape of the DNA?

LBs: Yes, as a matter of fact, it does; chemically.

Q50: Moderator: Sorry, but we are out of time. Is there anything you have to say in summary, Light Beings?

LBs: Yes. We would like to get into more conversation about the energetic flow and what the emotions do to your actual physical structure and how there are ways to start releasing some of that without it putting you into a bodily crisis. There are many times you choose--because you have not learned other ways--to actually put yourself into a physical distress to bring things to the surface and help you release, and we would like to start looking at ways to move your energy in a way that would release without having to be detrimental to the physical body. So that might be something you might want to think about and have questions next time, and perhaps we could get into a greater discussion of that.

Q51 So, you're saying we create an extreme trauma-drama situation that helps show us the challenges or choices we really need to make?

LBs: That is what is happening many times, but it is not necessary. But yes, that is usually the way the drama is played out at this point in your evolution.

Q: That may be. Thank you.

LBs: Thank you, and good night.

[End of session]

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