

Light Beings: Good evening. You have done an excellent job this evening already, in raising your vibrations and clearing your energies. The sounds that you make are much more beneficial to you than you probably even recognize, because it not only clears each of you as individuals, but it creates an energy among all of you and creates an opening for you to receive information at a different level. So we commend you on beginning your meeting this way. We now open for questions.

Question #1: For years we've been talking about the vibrational shift, and the last couple of years you've been discussing the balance between the ego and the soul while living in the physical plane, and how it would be beneficial if there was a balance between the two. Recently you mentioned that the original purpose of the ego was brought in with the original inhabitants of the earth many millions of years ago, and that basically it was a protective function for the physical body--to run from the tigers, so to speak. So when you talk about the "shift," is it more accurate to say the shift that is going to take place on the planet, is really the shift in the balance between the ego and the soul as far as how we manifest our reality? Is this what you mean?

LBs: In a very simple form, yes. Because what we have been trying to help you understand is that the shift is simply a raising of the consciousness. And the only way for the consciousness to be raised is for the ego and the personality to be able to blend with the soul, so that there is a joint effort, and pure intent from both. And so, that is what raises the consciousness, what allows one to connect with the Source, what allows one to receive information, and what allows one to create a different cellular structure so that it literally does change the vibration of the body. So yes, that's a very simplistic way of looking at it but absolutely accurate.

Q2: During moments of intense bliss, when you've experienced the ecstasy, the real high levels of reality, do you find typically that the ego and the soul are in balance and the male and female energies are in balance?

LBs: Yes, to a great extent that is true. But even more, the ego has stepped aside a little bit and simply allowed the soul to expand when you have reached that moment of, as you call it, "bliss." Also, one of the things that is necessary for that to be possible is a relatively good balance of the chakra centers, the energy vortexes themselves. And, of course, that doesn't last usually.

Q3: So things are perfectly in balance for only small periods of time?

LBs: That is correct, not that it cannot be, but it is very difficult for one to live on the planet in a day-to-day way and be able to keep everything in balance at one time. But yes, that usually is when the ego has stepped aside and the soul is in complete communication with the Source.

Q4: Can you just sit quietly and imagine the colors, going up through the chakras to help balance them? Would that be a good way to do that when one can't do cloths, lights or tuning forks?

LBs: Yes, and that is a very helpful tool, to sit and be very introspective, so to speak, and simply picture, visualize the colors that you basically relate to the chakras, and move up through the centers. And as you do so, you will feel a certain peacefulness, or grounded ness that you have not felt before if you are truly concentrating on each of the chakras. Another very simple way, unless, of course, you are where you aren't comfortable with doing that--maybe there are other people around--but another way is to use your hand, the palm of your hand, to make

circular motions [over each chakra]. You can do it both clockwise and counterclockwise, although that is not what you are normally taught, but the chakras both receive and they give out, and so . . . so they receive and they give out, and so, you can feel the energy, and if you become sensitive enough to it, you will know when you have done it long enough to balance; you will feel a certain energy that will tell you that you have balanced that chakra, and then move on to the next one. This is an excellent way to get yourself relaxed right before you go to sleep, especially if you do have sleep disturbances.

Q5: Would this also help to clear up any physical distress, for instance balancing hormones, or clearing up certain functional parts in the liver or heart?

LBs: Of course, it always helps to balance the energy centers, but even more than that, the meridians and the acupuncture points are usually . . . there are some blocks or reasons that some of these things are out of balance. So, usually they also need to be worked with to keep the body in a more healthy state.

Q6: What is the most important; intention, thought, or action towards maintaining a state of full balance and the experience of "being"?

LBs: If you were in the perfect world, as we have spoken to you before, we would say that you would never hold anything in your heart but love and gratitude, because those are the two things that keep you in perfect balance. But of course, that's not always an easy thing for an entity to do on the planet because you are constantly being bombarded with one thing or another that create imbalances within you, not only through thought, but through pollution, through many other things that create imbalances. But if you were to pick the things that are the most important, it is first the thoughts that you carry with you on a daily basis. And even your Christian religions have quite a good point when they tell you to start your day with gratitude or with a prayer of thanksgiving, because that opens you in a way to receive information, to connect with the Source, and balance you for the coming day. Does that answer what you needed to know there?

Q7: How can we best dismiss thoughts and emotions which we have personally identified with, not only the thoughts which aren't generated by us, but those thoughts we generate ourselves and have a strong charge to them? Can you give us some tools to help us let go and release that?

LBs: Yes, we're going to work with you more and more, as each of you begin to recognize the power of understanding what thoughts are about, and how they do affect your every moment as you pass through this earth plane. And there are going to be many tools that we will give you to work with that, but tonight we will say that the most important thing first is to recognize when you are having a thought. Because you see, what happens many times, before you become a conscious being, is--if you even think about before you started thinking about thoughts, when you just accepted that whatever was there, it was okay, or you didn't really question what a thought was doing or what process it went through; you were unconscious. But now you have become conscious and understand that thought is of a great importance and is an energy of itself; and so, you have taken the first step to being able to, as you say, "dismiss" a thought, to simply acknowledge you are having a thought, but it is not one that you wish to become identified with or be a part of.

Now the trick, of course, is to recognize, when these thoughts are there, whether they are your thoughts or thoughts you are receiving, or are they thoughts you have embedded in, say, early childhood through either not perceiving correctly or, even if you did perceive correctly, setting them in stone, so to speak, instead of allowing it to be a thought that perhaps is no longer relevant to your being. So, the very first step is to become conscious of what kind of thought are you having.

And once you start looking at it from an objective way, recognizing, "Oh, this is . . . ," especially if the thought has some kind of charge to it, as you said Now there are many times thoughts will go through your mind and will not have a charge to them, and so, they are not necessarily affecting you to the degree that those that have the charge do. But if you recognize that you are having a thought, the very first thing to do is to see where it is affecting you in your body. And this sounds maybe insignificant to you right now, but if you will learn about the chakras and then see where you are registering that thought in the body, that will give you the tool to understand where that thought may be coming from. Is it a pattern that was set early in childhood or was it a pattern that has to do with your heart closing or was it a pattern that had to do with your not being able to speak your truth? So, do you understand how important it is to recognize when you have a thought, and you are feeling an emotion attached to that thought, to then see where it is affecting you in the body?

Q8: Most people are not disturbed by a happy thought, but by something that is based in a negative belief. And the Ayurvedic teaches that by putting one hundred percent of your attention on the physical sensation, and then again, one hundred percent of the attention on the source of the thought, it would split the association between the thought and the energy, or ego-loop reaction, so that you would simply disengage from identifying with it or from fueling it.

LBs: Because what you recognize, when you begin to see where it is affecting the body, is that all of a sudden you recognize you are not the thought. Do you see? And what you do as entities most of the time is to identify as the thought. It's not that "I see that I feel anger." You say, "I am angry." Do you see? So you identify and become that anger. Do you see what happens there with that thought?

Q9: Doesn't that just promote objectifying an emotion instead of taking ownership of it?

LBs: No. We are not saying not to take ownership. We are saying to notice where you are feeling it in the body; and then you will be able to sense what that thought is, where that thought came from, and what is it affecting, and be able to then recognize whether you want to continue down that path of thinking or do you want to recognize that perhaps this is a pattern that needs to change. Do you see, because if you are having a conscious thought of the "Now," it will not have a charge normally? It will not have a psychological charge to it, where you are attaching emotion, when you are living in the Now. But, very few live in the now; very few.

Q10: So, you're saying when a thought comes into my field, it is 'just a thought,' it is not me. Where does the thought come from?

LBs: This is what we're saying, that we would like for you to become conscious of, to become aware of when your thought is of the Now, or a thought that you perceived perhaps many years ago, or many lifetimes ago, and are still attached to that, as though it is you. You do not respond to something emotionally unless there is some kind of attachment to it. And usually that attachment goes back to a previous experience, and you're perceiving that "once again" the

same kind of thing is happening, do you understand? Do you understand what we're saying in that respect? If not, we will keep trying to make this, to clarify this more, because it's very important that you understand that there are many different kinds of thoughts.

Q11: Sometimes in meditation there is no external stimulus, and there is nothing that's happening outside of me and anger can just come bubbling up, seemingly out of nowhere. What is that attached to? I know I can see things that happen to me and say, "Oh, he did that, and that made me angry," and I can see a pattern to things that make me angry, going back to a time in my childhood when I was abused, and I understand. But sometimes it appears that things come up that don't have any external source.

LBs: Yes, and this gets into a whole different . . . well, perhaps it's not that much of a difference, but it is a different kind of thing than just a thought, because there it is an emotion that has never been completely . . . owned would probably be the best way to explain it. It is something that . . . and again, this could go back to past lifetimes or to early lifetimes, but where you were not able to even own that emotion. So sometimes it's pre-verbal, where you're not able to attach it to thought. Do you understand what we're saying? For instance, if you were in embryo and there are emotions attached, or you had just been born and . . . and perhaps you were two months old and you were left for twenty-four hours without anything to eat, there would be great fear attached to that but also, following that, would be anger, and you wouldn't be able to attach a thought to that because it's pre-verbal. It's pre being able to attach the symbology of language to it. And it's usually attached to some sort of fear that manifests itself as anger, because most anger is fear.

Q12: Are you saying that when you have those kinds of experiences, where there doesn't really appear to be an external source, that it's actually going back to before you were able to verbalize?

LBs: Correct. An emotion that was pre-verbal and you have not owned it. So, in looking at your life, you probably could go back and realize that you have never really quite been able to own anger in a way that is . . . is building for you, is beneficial to you. And there are times when anger can be empowering. But most of the time, and especially in what you are speaking of there, it can't be empowering because you don't understand its source.

Q13: Is it important to understand its source?

LBs: You do not have to understand where it's come from, the exact moment and time that created the situation, but you have to understand and own that it is your anger and allow that to be recognized, and then, the only thing that could possibly dismiss this is, of course, opening the heart chakra. And then there must be forgiveness for whatever created this great fear, this great anger. And you do not need to know what the situation was to be able to do that.

Q14: So is feeling always pre-verbal?

LBs: No. But when you have an emotion and you cannot put your finger on anything that it is attached to--it just bubbles up for no reason; no stimulus has created that--then that usually can be pre-verbal, something that happened very early in your lifetime.

Q15: I had a reading this week and in the middle of it I just started crying. I felt a lot of pain. I was told it had nothing to do with this lifetime.

LBs: And that is a possibility. You see, when you incarnate, you are not incarnating with a clean slate; you are incarnating with many, many various kinds of codes and patterns and emotions that you bring in with you to a degree. And even genetically, there is cellular memory. So, ancestry, even though it's not as the Chinese have always truly reported it to be, there is definitely ancestral ties where you can bring in sorrow from ancestral things. So, it's not always as clear-cut as you would like for it to be, but it is not necessary either for you to have to know every situation to be able to clear it.

Q16: Just acknowledge that and release it?

LBs: Yes. Correct.

Q17: Acknowledging that "I am having this experience" is vital, and to do it without blaming is very important?

LBs: Without blaming, and without having to have the answer.

Q18: Without even caring whether or not there's a story about it? Many times in meditation, I have had strong emotion come up, and it is jarring to have a big flood of disturbing energy after finding such peace.

LBs: And that is exactly what it is, is energy. And that's why it is not . . . it needs to be acknowledged and it needs to be cleared, but you do not need to know the story. And we do not say don't try to find out what the story is or do not look into your past lives. Some of you may have a real interest in that area and that's fine. But we're saying that it is not necessary. It is not necessary to know if this deep sorrow that you experienced was coming from a past life or an early life or from your ancestors, because what is important is that you recognize it is an energy, and you accept it and it is part of your whole. And as you accept and allow it to be a part of you, then it can be released.

Q19: I was in therapy for a few years, and one of the things the therapist told me was that a lot of times we do things in our lives to push down feelings, to avoid feelings, and to avoid feeling the feelings. She told me was that you should not be scared of the feelings; allow yourself to feel them and understand that the feelings are transient and they will move out and you will move through it.

LBs: You do not need to become that feeling; you do not need to become your story. Does that help?

Q20: We are talking about emotions as opposed to deeper feelings, which would be more soul-source oriented. We need to allow ourselves to experience those emotions full-on so they can exhaust themselves, and then we can choose to change. We can take that choice-making part of ourselves, which is more than the mind, to notice what's going on, and put our attention into something that's uplifting.

LBs: Yes. Another good little tool, or good little question to ask yourself when you are having a thought, and all of a sudden you recognize--and we know that each of you have had this experience: you're sailing along, you're feeling pretty good, and all of a sudden you get a depressed feeling or a sad feeling, and you've not bothered to see what brought that on. And

that's when you need to take a look at your thoughts and recognize does it make you feel good or does it make you feel bad; and where in your body is it making you feel good or bad. And then that will begin to bring it to the surface and help you understand it more, and help you accept and embrace it and release it. And it can be a very quick process. It does not have to be a long, drawn-out process.

[BREAK]

[There is much joking and laughter between all group members for several minutes prior to beginning second half.]

LBs: Welcome back. And we must say that the energy is wonderful at this time. It is for the first time in over a year a time when each of you were truly in the Now, in the total Present, and you were experiencing that energy of the total Present. And it is most beneficial always to the physical body, as well as to the mental and the emotional. It gives you an opening and centers you in a way, through your laughter, that is quick and sure. So we commend you on your being able to be in the present and enjoy it.

Q21: When you're in the present, then I guess you're more open?

LBs: Yes, you are much more centered when you are in the present, because your energy is not being pulled from past beliefs, past patterns and codes that you have embedded and implanted within your psyche. So, when you are able to remain just in the present, you are truly being able to make a direct connection in a much more . . . we won't say "perfect" way but a much richer way.

Q22: At the end of the last meeting you asked us to think about how we process emotions and how the emotions affect our physical bodies, and you were going to suggest to us ways to process emotions so we won't harm our bodies.

LBs: Yes, and this is extending what you talked about in the very first portion of this group meeting, when you were talking about your thoughts and being able to recognize where you were feeling those thoughts. Many times when you have a thought there is emotion attached to that thought, and if the thought is attached to, say fear, then that fear is going to permeate the cellular structure of your body. It also goes out to the causal plane and comes back to you, mirrors back, as we have discussed in previous times. And so, as it does that, it affects the energy fields, as it comes through the mental, the emotional and the etheric sheath, and then the physical body. And then you will feel it somewhere in the body in the beginning, when you first have the thought. But what happens many times is that thought was originated perhaps when you were three. And it may not be the exact same thought--you may not even be conscious of it--but it's the same emotion that gets attached to it and gets mirrored back to you, and it becomes almost like a circular condition that never ends. The thought keeps coming round and around, and it affects the body every time it goes through its cycle.

Q23: How do you counteract that when it happens?

LBs: Again, by bringing it to the conscious level and recognizing that this is not a thought that is present in the Now, but is a thought that is somehow connected with something that was maybe of any past. It does not matter whether it was when you were three or when you were 103 in 1903; it doesn't make any difference. What matters is that you recognize, you bring to

your consciousness, the thought, and then look at that thought, see where that thought is affecting you and recognize, is this a thought of the Now? Is this thought true? Ask that question, "Is this true?" And you may be surprised many, many times that the answer is, "No; it is not true. It is a deception." Or "it is something my mother said? It's not something I really, truly think." Do you see? And that happens so often that you are thinking something that was said to you, as maybe a young child, and you took that as your own thought then. But when you say, "Is this true?" all of a sudden you recognize, "No, I don't really believe that. I, my essence, does not accept that, but I've lived a lifetime of acting as if I accept that." And so, you are not . . . you're in conflict; your soul and the ego part of you that accepted that is in conflict, do you see? And that's when you get dis-ease in the body.

Q24: Isn't it true that for most beings most of the thoughts that they think are not their thoughts?

LBs: Absolutely!

Q25: They are thoughts that somebody else has given them and they have accepted as their own. Very few people actually have original thoughts.

LBs: That is very true.

Q26: I think Einstein once said that 99.9 percent of what he knew he learned from others and he had very few original thoughts.

LBs: Correct, because you may accumulate knowledge that came from others and absorb that knowledge, but then you may work that into a thought of your own by joining several ideas together from maybe various sources, and then that may be your thought. But then, what you may have done is simply, by rote, be thinking something that you read somewhere. And so, it gets a little more complicated when you start consciously bringing your thoughts to the surface. It's not always easy to figure out initially "Is this my thought, or is this someone else's thought that I've accepted as my own?"

Q27: Sometimes I'll wake up with a song running through my head, and it just keeps going over and over again, and I cannot get it out of my mind. What is it about the mechanisms of the thinking process, or the mind's field that allows something like this?

LBs: That is an interesting phenomenon that is not just with a song. If you will become more aware, you will realize that you also have thoughts that are running around, just like the hobby horse--round and round in your head--and have done it for many, many years. And it may be such a thought as "I'm not worthy." But it may not be a conscious thought. And so, when you hear a song, what normally has happened there, especially if it is a song with what they have called in your business, your music business, a "hook," is that hook was developed to hook you, to hook your mind, so that you will remember that song. And so, you simply have "hooked" into what they intended for you to do in that situation.

Q28: Who's "they"?

LBs: Whoever writes the song. A songwriter . . . very obviously, it is an art to them to be able to find a hook so that you will remember their song. And that's what happens when you get a

song in your mind and it continues to go around. You have fallen into that brainwashing of being hooked by that song.

Q29: Well, a beautiful theme from a piece of classical music can be the same too. You can hear that theme over and over again, if you've heard it once or twice; you can't get that theme out of your mind.

LBs: That's correct, and that's just your melody again that . . . and it's not exactly the same thing, it's not the same hook, but for some reason, your mind resonates to that . . . or resonates to the song.

Q30: The most recent channeling from 'The Group' came out, and it's on the color "clear," which I find really interesting. Could you tell us more about that?

LBs: Again, that's more or less symbolic, because language is very inefficient in explaining certain levels of . . . as you almost understand there, "clarity." It is a misnomer to think that the chakras are one particular color; they are made up of many colors. But one color usually is predominant. But it might change. It might change.

Q31: I'm not really interested in the chakras themselves, but the color "clear" and what that means.

LBs: Let us see if we can explain this in a very simple manner. When there is enough energy and the colors have reached a certain vibration, then there is no color, so to speak. And so, that's when they say "the color clear." It's sort of a bubble that is . . .

Q32: Opalescent?

LBs: To a degree, yes. A bubble that is receiving sunlight and occasionally . . . or like a crystal - that you can send . . . if the sun comes through that crystal in a certain way and is refracted, then you can see the color, but the crystal itself is clear, do you see? But it contains all of the colors. Do you understand?

Q33: The Group's channeling seemed to say that as we reached a place of clarity we would emit this clear color.

LBs: Yes. It demands . . . it would demand a little bit more depth of understanding of how the energy centers themselves work and how, when you reach a certain point, a vibrational point of opening . . . You are a dense body, and so, obviously, you're not going to be clear, but your energy can be clear; crystalline. And as you begin to be able to see people's energies--and this will be a possibility--the more you open and the more you are able to . . . to open at all levels, you will begin to be able to see the energy of others. And there will be times when it will seem as though it is much as we discussed, like the bubble--it is clear but it's still refracting some light.

Q34: Another thing in The Group's channeling was if you come into contact with somebody who you just resonate to automatically, the clear colors between the two of you are probably the same or real similar, and if you come into contact with somebody that you automatically feel "in love" with that your clear color is probably different than theirs. So, it's not just a . . . it's not necessarily uniform for everybody.

LBs: They are using that terminology in a little bit different way. Everyone's energy field of course changes, but you have a certain resonance that you came here with, that is a part of your essence. And you will find that you do resonate to those of like resonance.

Q35: But it's just they were using the term "the color clear."

LBs: Yes. And there are many, many terminologies like that. And you are going to find out, the more you expand, the more you learn about various cultures, various traditions, various modalities, terminology is used and it is not always easy to completely interpret, because it may be in the . . . in one culture it may mean one thing and be called one thing and then in another culture mean something else and be called something else, but it is of the same nature.

Q36: Several times in the last six months when I'm working with a client, sometimes their physical chakras' color change; it seems to be magenta for the root chakra and more of a peach—salmon for the second chakra. Could you explain what is happening?

LBs: Yes. That is a relatively easy thing to help you understand. Because you're working with subtle energies, you are literally clearing. And many times you are clearing what might be going on presently; you're clearing that layer off and getting into deeper areas. And as you go deeper into that energy vortex, you are getting into a different color also. That's why you can never say a chakra is a specific color. It is very helpful to think of it as . . . as perhaps the root chakra is red, it's vital, it's energy; and you can go through that entire scenario. But as you say, they get into a deeper level and the color may be totally different, and it may be something, a color that's not even associated normally with that chakra. But it simply means that you have gotten into a much deeper area of work.

Q: Question unclear.

LBs: Well, also, as they . . . as the chakra moves outward, it will not necessarily be the same color as when it's moving inward. It may be taking in a different color than it sends out.

Q37: But aren't there chakras in the outer field, the mental and the causal fields as well as the physical?

LBs: The energies, yes.

Q38: It's like energy centers in each layer, each section of the field?

LBs: Yes, but that's not quite . . . it's not quite as pronounced as it is in the physical body.

Q39: So, is it a part of our evolution that eventually the physical body chakras will merge into one and will be receiving this energy balancing from the outer layers of our auric field?

LBs: Ideally, eventually all of the energy centers will be open, and be able to connect with the outer Source, of course.

Q40: But there will still be seven functioning separate centers on the physical body?

LBs: Yes, because they help to keep the physical body working. They are part of the energy of the body, of the physical body, just as the meridians are.

Q41: But they're fed by the outer too?

LBs: Yes. Absolutely.

Q42: You told us the chakras both take energy in and give energy out, that they are transceivers. If I'm face to face with someone, looking at them, and I rotate my hand, which way would I see their energy rotating when it goes into their body? Would I see it rotating clockwise as I face the person . . . going in?

LBs: As the energy goes in?

Q43: From my point of view.

LBs: Yes, if you're facing the person.

Q44: I would see the energy going into them in a clockwise manner from my point of view?

LBs: Counter-clockwise from your point of view.

Q45: I'm looking at them, and it's going into them counter-clockwise? And it exits them by going clockwise from my point of view, in the opposite direction, like a screw?

LBs: Yes.

Q46: And all the chakras perform in that same manner?

LBs: Not necessarily. There are times when chakras are moving in reverse direction, and that can sometimes create an imbalance also.

Q47: Both their intake and out-take are reversed? Is that the result of trauma, or what happens?

LBs: Many times just generally imbalance, because there are so many things that one's body takes in. Anger is one of the things that can imbalance. When we speak of anger, we are talking of true rage. Anger, yes.

Q48: If the chakras are just of the physical plane and the soul transcends, are the chakras no longer there?

LBs: The essence of the chakra is a part of your complete essence, and of course, that leaves the body when the body dies. So, it is a part of the essence. But the energy centers, themselves of course, no longer function.

Q49: And when we incarnate with a body, do the energy centers, the chakras comes into the body at the moment of what? Do they come into the body at a certain point while they're in utero?

LBs: Yes; they are being developed then, but they aren't actually functioning fully until the birth. Because there is no good reason for them to truly function fully, although they do take in the energies of the mother. But they just aren't functioning fully.

Q50: They'd be in rhythm with the mother pretty much, wouldn't they?

LBs: They will be in rhythm to a degree, but they also . . . the emotions of the mother are taken in through those energy centers, which is why it is so important that the mother be aware that her thoughts and her emotions definitely affect the child.

Q51: What role do DNA and heredity have on a particular being incarnated in a body? A lot of our research says that if you come into a body you will have certain characteristics, but how much of an effect does that really have? Can the soul come into a body and change its own reality without heredity or DNA having any affect on it?

LBs: There are usually several things that are involved; one is the soul mission; one is the lessons chosen for expansion of the soul. And so, it is much like picking the right costume: you need to pick the right kind of body to be able to bring to fruition the experiences needed. And so, certain combinations of sperm and egg will create the probability of being able to bring this incarnated being onto the planet and allow the environment that they are born into, and the society they are born into, and the parents they are born into help set up the dramas that are needed. So, there is a choice made and sometimes it . . . it's always a probability, because there are many different things that can happen when there is more than one soul involved in the process. But in general there will be choices made for a particular DNA, to create a particular situation in a body that will then bring the lessons and help with the soul's mission. Does that explain?

Q52: Yes. So I guess what you're saying is it does play a role.

LBs: Absolutely, absolutely. Just as the society chosen and the country born into is of importance.

Q53: We recently did a group healing session for an absent member, and I experienced a transformation in how I perceived and felt about myself. There was this dramatic change, but it only lasted a couple of days and then it passed. What was removed or changed in my energy bodies to suddenly perceive myself so differently, and then to cause me to go back to my previous state? And what might I have done differently to make that change more permanent?

LBs: Continue in the state that you were in when you were working with the healing. Because what happened when you opened to sending out the light and the healing force to another is, again, once you do this, it is mirrored back to you. There has never been a healer who did not get as much healing from the treatment they were giving another as they were giving, because it is mirrored back, just as we were explaining before. When you are allowing energy to flow through you in a manner of healing, you are connecting directly with the Source and you are getting as much benefit as the person who is receiving it. And because you are opening your heart center and you are opening other areas of your being and allowing connection, complete connection, when you are in the healing mode, then you are able to get much more clarity about what your essence is about.

Q54: Was something removed that came back or did I just see things differently for a while?

LBs: You simply allowed for the opening, but eventually began to close again and forgot what that was like to be open. So it was simply a matter of closing again.

Q55: So by opening, I just started to see things in a clearer way?

LBs: Yes. You made the connection that is needed for clarity.

Q: Okay. Thank you.

Q56: I have a question about something that bothers and confuses me, and it's a bumper sticker that says "Truth, not tolerance." And I'm confused, because I don't know whether I should be feeling good about this bumper sticker or whether I should be a little bit upset about it.

LBs: Can we say that you should be neither? Because what you respond to from your perception is what you interpret in the way of words. And we have explained many times as we speak with you that words are very limiting. And in essence, you could read "Truth, not tolerance" in many different ways depending on how you interpret the word "truth," because many feel they have found truth and yet five years later recognize that it was anything but. But at the time it was their "truth." And the bumper sticker basically is saying, "Truth, not tolerance," and the only difficulty with that is whose truth (?), because the word "truth" is interpreted as what is real to someone. And so, the person or the group that came up with that particular bumper sticker was really trying to say that if you live truth, then tolerance doesn't have to be considered, because it will be a part of the truth. Do you see?

Q: Thank you.

Q57: Is there anything you'd like to say in closing, or anything you think we need to hear on any subject, Light Beings?

LBs: We have covered some rather interesting topics this evening and we feel that if you give great consideration in the next couple of weeks to your thought processes you may be truly amazed at what is running your life. So, go with that thought in mind and we will look forward to much discussion about what you have found out about who you really are in your thinking processes in the next couple of weeks. Good luck with it, because you are going to be very surprised. [Group laughter]

All: Thank you, Light Beings.

LBs: Thank you, and good night.

[End of session]

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