

Light Beings: Good evening. This is a splendid group. The energy is very deep, very alive, and very enlightened. There are many beings who have joined tonight that have the intent of moving forward in this incarnation and making a real difference, not only in their own life's pattern but in those that they come in contact with. There are many of you who have chosen a purpose that is going to be of the greatest benefit in the next few months, the next few years, because of what is happening on the earth plane. And so we welcome you and hope you continue with the progress you are making in your growth. We are open for any questions you might now have.

Question #1: There seems to be, with me, a harmonic sound that has come from a place that I have visited, and it has stayed with me. Is there anyone there who could explain the presence of this sound and what its use could be for me and others?

LBs: Yes. Let us try to help you understand first that sound . . . that all . . . each of you is of a sound, a particular sound. That is your essence; that is your being. And so, what has happened with you is that you have gotten in touch with your actual essence that is the sound, because when you leave the earth plane and leave the dense body, you are then of light and sound; you are no longer, of course, of a denseness. And each of you has the ability to get in touch with that sound, and that is why we encourage you to use your voice and to begin to feel sound and to experience it, because eventually you will resonate to what is of your own nature. And you have been able to get in touch with that "harmonic," as you call it, in a way that has opened you to who you are. And so, continue working with that and understanding more that you are, in your own path this time . . . [you] have the ability to go deeper into sound and the benefits of what sound does with the physical body, if that is something of your choosing. And this is the first opening for that. ["Thank you"]

Q2: I have a question about a place I stayed the last couple of days called Healing Grounds, where I was going to be consulting clients. It was impossible to do anything but just "be," unlike anything I have ever been able to do, just totally relax with no agenda and nothing on my mind, just being in a state of bliss. I had a sense of some beings who were there just holding space, and doing nothing else, but it felt very sacred and reverent. Who or what were these beings?

LBs: Actually, these were beings that you had at a subconscious level asked to join you at this particular time because you have made a shift in your own perceptions of what is needed in your life, and you are now much more comfortable with the idea that you can just "be" and not always "do." And so, you had invited that energy in and chosen a place that resonated to that kind of energy. So you were getting almost a duplicate effect, because the area itself brings that energy in to any who visit there, and even the name itself was chosen at a subconscious level because it was of that energy.

Q3: So any clients that come there; will they have that remarkable impact and be able to--?

LBs: They may not be able to feel it in the same way you do, but they will be able to feel the energy of healing and of just being, as you [interruption due to barking dog].

Q4: So those beings were ones that I invited in on an unconscious level, and they are not always in that house?

LBs: That is correct. They were your own spirit guides that you brought in with you to help you more than anything to understand the process of just "being." ["Thank you"]

Q5: I have had a hard time sensing energy, feeling energy, and I understand that it is something that is developed, but I noticed when I went out in the dodecahedron this afternoon and just sat in there, that I felt a definite sensation of vibration inside it that was unmistakable to me. Can you just expand on that a little bit more?

LBs: Yes. Because you are of the artistic nature and you are very visual, it is a little more difficult for the kinesthetic part of you to open. Those who are very kinesthetic in the beginning, a part of their being opens much more quickly to the feeling of energy; but in your particular case, you are very visual, and so it requires a little bit more work on your part to open. But the different forms of . . . for instance, the dodecahedron that you experienced, you were able to feel more because you were completely surrounded with that energy; you weren't just having to focus in a particular area. And so, it was coming from all sides, and it was a more impactful way for you to experience it. Also, you may find that you will relate to the platonic solids and the study of sacred geometry and the energies that that entails simply because you are more visual and can relate to the different forms through your processes of art.

Q6: You mean the actual holding of the shapes?

LBs: And even working with the shapes in the drawing. You may find that you can get a feeling for the energy through working with those shapes in drawing. {"Thank you"}

Q7: Sometimes I visualize someone encircled in a particular color with the intention of sending love to support them in their healing and their growth. Recently, I was doing this for the heads of governments. I was focused on Bush and my intention was only to surround him in pink light. It seemed as though I had merged my energy with his, as though there had been a blending of our energies.

Then I focused on Hussein, with the intention of surrounding him in this loving energy and I suddenly found myself holding a machine gun--in my mind. I set the gun down, and someone handed another one to me. I realized what I was seeing and in horror dropped the gun in my mind.

So my question is: I want to know about the effectiveness and appropriateness of sending energy in this way, and was I picking up on the mental energy of someone when I got the gun images?

LBs: It's a little bit more complex than just picking up on someone's energy. It is not always . . . we're not going to say "appropriate"; that's not really a good word to use, but if your intent is to manipulate someone else's energy, then you are not going to be able to be . . . it is not really the best way to approach a situation. So, the only reason you would ever send energy to someone in the way that you are speaking of, in sending, say, pink light, is to simply give of yourself, of your own energy to be open to them. And in your particular case, you were sending to Hussein this energy with the intent of making him more loving. Do you see? There was a type of manipulation there involved. And that is the reason that you received the images that you received. It was simply trying to tell you that you are not going to be able to change someone. All you can truly do is to send out your loving energy for whoever wants to absorb it, and let it go at that. Do you understand the difference there? It is very important when you use your colors and visualize surrounding others in a color that your intent is strictly one of offering your own love. Do you see? Or your own being; not that you are wanting to change them in any way.

Q8: So I had not so much a conscious, but more of an unconscious intention to change them?

LBs: Correct. And that is why it is very, very important that you are conscious of your own intent when you begin to do any kind of energy work. It's of extreme importance that the intent is understood.

Q9: And the intent should just be to give the love?

LBs: Yes, through expansion, through being open to . . . For instance, if you're having conflict with someone, is your intention to change them so they will get along with you, or is your intention to just be a loving being and offer that to them so they then have a choice. Because most of the time the reason there is conflict is that you, yourself, are putting out an energy too that is creating the conflict. Do you see? There can be no war ever if the two beings, or two parties, or two countries do not each believe that they are right and the other is wrong. Do you understand that concept? ["Yes"] So the intent is of extreme importance.

Q10: James Twyman has started a Spoon bender's Course where people are taught an ability to influence other people for the purposes of world peace. Is it appropriate to intentionally try to force events to move in a certain direction?

LBs: That could in itself become a great boomerang. So you must be very careful when you decide you are going to use your energies for manipulation; it certainly can manifest itself in a way that will be of a most unpleasant nature in the end. The original intent was not one of manipulation, but you see, peace cannot be forced. The only way peace can exist is if the parties involved want to allow each to be themselves, without condemnation of beliefs or condemnation of what the other wants to be. There must be complete allowing.

Q11: But you said before, when we had talked about surrounding them with pink light, to send loving energy, that it was to perhaps give them a chance to view options.

LBs: That is correct. You are not trying to manipulate, or to force them to want something that you want. But what you are doing is more or less giving them the energies, the benefit of, yes, of seeing options or a different way of perception perhaps, of seeing you even differently. That's part of what this, the using of visualization, can do is to clear a lot of the barriers that are there keeping one from seeing or . . . or perceiving in a way that is of more benefit.

Q12: So, if we allow love to be the whole of it, in ourselves and given to others; is that what can be transmitted?

LBs: Yes. Because if you are able to within yourself extend and expand through visualizing color and energy without expectation of the outcome, but simply offering, then you are able to many times clear the path for a different kind of reaction. That's really all you are doing. Do you understand?

Q13: Then we should not have a preconceived idea of what this outcome is in any way?

LBs: Absolutely! Absolutely, there should be no expectation.

Q14: We should want to have a vision of world harmony and cooperation, but not necessarily a plan in our minds of how that should come about?

LBs: Do you understand that the only way you can have a vision of world harmony is if you yourself mirror that to others? And that is what you are doing when you are expanding that energy and sending that light. You are allowing that to mirror to others.

Q15: If there is such a thing as alternate realities, then I am assuming there is another version of this time and place right now where there have been different choices and the process of peace is further along. And in questioning why I am in this particular scenario, and considering different explanations, I came to the conclusion that so long as there is not that peace and that harmony inside of me, with regard to my relationships to myself and others, I won't see that mirrored outside of me.

LBs: That is absolutely correct. You have mirrored to you what you're mirroring.

Q16: You told us before that there were several that were to be a part of this group, the future of it--the way things will manifest in the future--that weren't here yet, and I'd like to know if some of those people are present today.

LBs: Yes, that is correct. They are gradually being drawn in. And you are going to find eventually that this group is going to take a different path than it has in the past year. It was an incubation, so to speak, and now it is ready to form something that is of a more solid nature, but it is also going to be of a more focused nature, being able to spend the next year working through many of you individually, or working through methods and learnings, and developing more skills where it can then be used on a daily basis and introduced to many people who aren't necessarily attuned to your way of thinking. And that's going to be part of what the mission of this group is, but it is much too early for you to understand completely about that.

Q17: I have a pain in my right hip that has been persistent for two or three months. Is there a way that I may be able, homeopathically, to change it so that it is better?

LBs: There are several things that you can do to help balance that energy a little bit more. Of course, as you know, some methods such as acupuncture or acupressure can help move that energy a little bit; but part of the reason for it being stagnant, of course, is that you are a little bit unbalanced at this time because you are receiving some energies and working with some energies that have perhaps come in rather rapidly, and you are making some shifts, some deep changes within your own being, as you are probably aware of, and that is simply an area that is not flowing quite as freely. And one of the ways that could be helpful for you is that any time something comes to you, either as a thought or an experience, that is not necessarily of a pleasant nature, immediately feel where it is affecting you in your body, and you may be surprised that you are holding it in the area that is giving you some pain. And it will help you then understand, through that conscious focus, what is bringing you this discomfort, because it has something to do with your inflexibility in an area that you are not presently wanting to look at. And we won't really get into that in this group, but give that some consideration and be very conscious of when something comes to you that is not of a pleasant nature; watch where . . . what part of your body it affects and what chakra it affects. Because it is your second chakra, also, that you are needing to perhaps work with a little more deeply. ["Thank you"]

Q18: I'm reading a book by Eckhart Tolle, where he talks about consciousness withdrawing from the game of form, and he says, "For millions of years, as long as the world has been in existence, consciousness has been engaged in the play of form, of becoming 'the dance of phenomenal universe,' Lila." Then he goes on saying consciousness becomes tired of the game. What is this Lila?

LBs: One incarnates to experience the drama and the game and the energies of the denseness of this particular planet that you are presently engaging in. And perhaps for many eons, most of you have been drawn back to this form of drama and experience. But ultimately, you are going to find that the drama no longer draws you, and you will find other ways of expansion. And that is simply one of his ways of explaining that.

Q19: When I am receiving information which I am supposed to be passing on, I have difficulty finding words that can match the quality of information that is being given. I find myself incredibly frustrated by that.

LBs: Yes. And we can understand your frustration, because our own energies have that issue that we deal with many times, because the vehicle we work with does not have the ability to bring forth through words the complete picture of what is wanting to come through. And that is one of the greatest difficulties, is being able to talk about anything that is outside the denseness of the molecular structure. And so, what is ultimately going to happen as you progress with your receiving is that you are going to find better ways of expressing, rather than just using verbal [means]. You are going to, through your own energies, be able to transmit information without having to speak it through a language such as your English. It will be communication through energy of a different type of vibrational flow, and the other person will be able to understand that. You have that gift and you are developing it, and your frustration level will become less as you are able to expand that way of communicating. So, do not lose too much sleep, so to speak, over being discouraged when you can't explain. It will come in a different way.

Q20: How do I tell that to all the people who want to know (laugh)? [Group laughter]

LBs: Yes. That is very frustrating for those who are able to receive information and see a very clear picture of the energy they want to transmit, but there are no really words, so to speak, to express it. You see, once it has to be strained through a material being it loses much of its essence, and it loses much of what it really is about. That is why those who have been truly enlightened make no effort to explain it to anyone, because it is impossible; because an enlightened person has reached a point in their experience that is far beyond the denseness of your planet, and it can no longer be expressed in words, you see. So, no matter what we have to offer you, we will never be able to completely be able to give it to you in words. Our hope is that you learn to work with your energies in such a way that you will be able to communicate with each other without having to use something so physical as a word. You see? And you do this daily, and this is part of the reason you do not understand, and why you have conflict with each other, because you face each other and you say, "I love you," but your energy is saying, "I don't want you around." And the person there receiving is feeling "I don't want you around" and hearing "I love you" and seeing the conflict become very great then. And so, ultimately you are going to be able to recognize which is the energy and which is what you are speaking, and you become one and the same.

Q21: Is it conflict in the mind that creates the confusion?

LBs: Many times it is the ego and personality that is in conflict with the soul, with the essence, because of your being brought up in the society, and you have certain environmental expectations that may be going against your very essence. And you do a good job at learning that and learning those tools; and so, you are not unified within your being. And we can expand that a little bit in helping you to understand. For instance, all of you have, at one time or another, been in a situation where your heart opened so much that you truly loved without any kind of boundaries around it. It might have been for a pet; it might have been for a child; it could have been for a mate, but this is rare, because usually you always attach some sort of expectations to any kind of involvement with your mate, which is very unfortunate for you earth beings. Because if you can get into that place of where you are totally open without expectation and you allow that energy to come forth, that is the place that you are speaking of.

And it is something that each of you can read completely and know, without any words ever being spoken. And most of you can experiment with even a stranger by making the determination, the conscious choice when you meet that person for the first time, to be open, with no judgment and no expectation; and you will be absolutely amazed at how differently you will connect with that person than you normally do with someone. You may try that this evening when you take your break or you have your evening meal together. Make a conscious choice to totally allow your essence to walk forward, to step forward without any expectation and just be. And you're going to find that there will be no words to express what you experience, but it will be more real to you and have more depth to it than any words you can ever exchange with someone.

Q22: And this is partially what you were telling me the "gate opening" workshop conducted by Christopher Tims could do for us as a group: we'd be able to communicate so much more in this way?

LBs: That is correct. Because what prevents you from constantly communicating with another without having to use words are the barriers that you have put up since the time you incarnated, for one reason or another. Through your own experiences, you have found that it is not safe to be totally open; and so, you have put up all sorts of barriers that keep you from being able to communicate with others. It is easier, if you notice, to communicate with an animal than it is with a human being, because they do not have those barriers.

[BREAK]

LBs: Welcome back! Well, your energy is not quite as cohesive as it was [Group laughter] when you first joined us, but it is still a very high energy. And we welcome the diversity that we are feeling. So it should bring some very interesting questions.

Q23: Might you remind me of how I can hold my true heart's desire and not be invested in it to the point of judgment?

LBs: Ah! That is a difficult one for you beings here on the planet. [Group laughter]

Q: 'Tis why I asked.

LBs: Yes. We will try to help you with that, but we must tell you in advance that it is going to take some real desire on your part to want to reach that point, because from the time you

incarnate, you are taught that you must have opinions and that you must understand and know and make determinations about things, and not just be. And so, you are now going to have to unlearn everything you have ever been taught about how to progress in your life if you want to truly be able to reach your heart's desire, and to understand that your heart's desire is also your beingness, and that if you want to reach that point it requires no judgment.

An easy way . . . we will not say "easy" because that would not be accurate, but a way for you to start being able to do that is to make conscious choices, as opposed to being pulled in because of previous experiences, previous concepts, previous ideas of how things should be. But make a conscious choice about your life's path, the next step you are going to take, and examine that choice before you actually take the step, and see if it resonates to who you are, if it resonates to your essence. And a way to do that is quite simple. Think of the question at hand--"should I" or "would I" or "could I"; take all of that away and simply look at the opportunity that you are getting ready to encounter, whatever it be, and see what you feel in your body. See what chakra it is affecting and see how it is resonating. Is it opening the heart chakra or is it constricting it? Is the solar plexus feeling open and moving or is it constricted? Go through each chakra and see how you are feeling. And it will give you a real indication of whether you should make that choice, and how you should make that choice, and what area of your life it might affect by what chakra it's resonating to.

And if you can do that, you will find that more times than not, you will be answering your heart's desire. But you must do that consciously; that is what is most necessary. Most choices made are not conscious. Most choices made are made because of what you've experienced, been told or perceived is the right choice, and you don't see, you don't feel, how it resonates to your inner being. Does that help?

Q24: How can we address our beliefs which create limitation?

LBs: Take a belief that you have and recognize again, make the choice to recognize, that this is a belief, that it is not you. That is your first step. Because many of you believe you are your beliefs. So, if you make that choice first to recognize that it is a belief and it is not you, then you will be able to bring that belief into your mind's eye and recognize where it developed from. Was it a past life; was it an early issue, a childhood issue; was it an experience you had three weeks ago? Where did that belief come from? And once you can look at where that belief came from and recognize it is not you, you will be able to make a conscious choice: this belief serves me or this belief does not serve me. And if it serves you, incorporate it into your personality, into the way you perform in the world. If it does not serve you, you lay it aside; it is not needed any longer. Does that help?

Q25: Yes. And it serves me if it resonates with my truest desire?

LBs: That is correct. But understand, it is still not you, but it is a tool that you are going to use.

Q26: Kind of a filter?

LBs: Yes. For instance, you might have the belief that if you walk in front of a car, it might demise your body. That belief may serve you on this planet, and so you may choose to keep that as a part of your personality. You'll avoid walking in front of a car, a moving car. Do you see? [Yes] It's just that simple. But there are many complex beliefs that you have that do not

serve you at all. But you must make the conscious choice first of bringing it up and looking at it and seeing where it came from.

Q27: So, after recognizing the origin of my belief and acknowledging it's a part of what I've created, and it doesn't need to direct my choices anymore, how do I cleanse myself and move towards acceptance, so that I may clear any charge associated with it?

LBs: You will not need to cleanse, because once you recognize that "this belief serves me" or "it does not serve me," and you come to that particular point, then you will make the decision, a conscious choice of "I incorporate this into my All-ness here," or "I lay this belief aside." And if you lay it aside there will be no charge. And if you have incorporated it into your All-ness, then there is no reason for a charge, because it is a part of what you present on this planet, a part of who you are. You see? And so, you are no longer trying to impress Mary of who you are because you are not accepting of who you are. And that is the only reason you ever try to impress someone is because you are really trying to tell yourself that you are that.

Q28: Unclear question.

LBs: Any belief system that you have incorporated into your being or into your way of life is of the mind, yes. And so, the only way you really can lay that belief aside is cooperating also with bringing it up, and letting your mind also understand that it is not part of you. It has to be a unified effort. Your soul may already know it is not a part of you, and that's the conflict that may be there. But your ego may be telling you all along, "Oh no! That is a part of who you are. Don't let that go; you won't be safe." Do you understand? ["Yes"]

Q29: [by a clairvoyant]: Can I ask a question on behalf of Joyce?

LBs: Yes.

Q30: As I watch her [the channel] leave her body, and as you enter, in the interim, when you are leaving and she is coming back in, there is a sort of residue that's left around her hips and her pelvis area and down the front of her chest, and I'm wondering if that's something separate from her, or if that's something just within the interchanging between you and her in this body. And a second part of the question is: Is there something that you can do to help her with that?

LBs: Actually, that is something that she needs to be able to do herself, and it is very beneficial that you brought this to the awareness, because we have been aware of that. It is not that our energy is remaining particularly, but it is that she does not completely rejoin for some time, and so there is this . . . the energy is not . . . It is very difficult to explain, again, in words-- But what you are saying is accurate in that there is a, not "residue," but there is an energy that is still residing, that's she's not released, and it's the energy that has allowed us originally to be able to come through. She is able to open and close. We prefer not getting too deep into this at this time, but there is more or less . . . you were speaking of "gates" earlier, and a gate is as easy a way as any to explain to you. There is a gate that you open to allow other energies to come through, and you need to clear that completely when that energy leaves, through much of the same process that she uses to bring us in. And so, it would benefit her to make that clear-- to clear us, our energy, completely--through perhaps again asking that the white light and Christ Consciousness clear any energies that might be present, and not resonating to the entity. So, thank you for bringing that to her attention. Please ask that she note this and/or share that with her so that she can start doing that. We have been aware that perhaps there were times . . .

and also, she tends to open many times to our energies just on a daily basis, and she needs to ground sometimes more than she does. ["Thank you"]

Q31: I'm starting to feel the energies that you are telling us about more and more. On the break, I was having a real brief conversation with somebody and was almost overwhelmed with their energy. It didn't match what was coming out of their mouth. I wasn't quite sure what to do with myself in the moment, because there are not really words to describe what it felt like, but I'm not sure I know what to do with that. And you told us how important it was to manage our own energy, so any advice if that keeps happening?

LBs: Yes, this is an excellent time for you to use the gold light, so that you can transmute what the actual energy is and understand it more clearly. Because sometimes when you are hearing words and there is a different energy actually that you are encountering, it gets very confusing, because your mind then steps in and tries to analyze--

Q32: That's why I felt puzzled for a minute and didn't know what to do with myself.

LBs: Yes. Surround yourself in gold light immediately when you encounter that sort of situation, and it will be able to transmute it so that you can read the energy a little clearer. Your energy will read their energy, and your mind can step aside a little bit on that one.

Q33: So anything other than the gold?

LBs: The gold is sufficient for transmuting.

Q34: I went to a party last night knowing I was going to run into people who had some kind of negative energy, and I surrounded myself in gold light and it did work quite well. But my question is when do you surround yourself with gold light, is there a time frame for that? Does it just stay with you for an hour, or do you have to consciously do it every few minutes?

LBs: There really is no time frame, per se, because again you are speaking of earthly conceptions or perceptions, but it usually will remain as long as needed in that particular situation. But if you change your energy, or you move to a different situation, then you may encounter it once again; you may want to again surround yourself with gold, because the situation has changed so the energy has changed.

Q35: Are the colors we visualize always present and our consciousness simply brings it in, or do we actually turn it on, so to speak?

LBs: That is an excellent question. It is always there for you, and all you are really doing is using a tool to make it more available for you, to make it more present for you. But yes, the ability to perceive correctly and to read the energy correctly is always available, but by using the gold light, that gold has a particular energy that helps transmute. And so, it's just beneficial because of the different vibration.

Q36: You have recommended to me that I begin to ask for clarity as to the consequences of choices before I make a decision. Can you give me some more pointers on how to open up to this?

LBs: It is going to require you to make a definite decision to ask for clarity, without already making your mind up about outcome. You have a tendency to perceive how something is going to be, and therefore, you already make the outcome a part of the entire process. So, when you ask for clarity, the clarity will be able . . . may help you to see various ways something could work out, but then you must be totally open to not expecting a particular outcome. Does that help at all in what we are--?

Q37: I think it's the being "open" I'm having the problem with. There was a time when I had wanted to open to my guides and higher guidance, and I had worked with some flower essences. I had a great deal of success with that. I'm wondering if maybe I should work with them again to start this opening process.

LBs: Yes, the flower essences act as a very good tool for you, because it helps get you out of your head. And as we have explained to you before, you have a great temptation to stay in your thinking processes, and so, yes, that would not be a bad tool for you to use.

Q38: And then, once I have that success, as I did before, I don't know how I hold onto it.

LBs: You see, you earth beings think about habits as being only of an earthly process, but you can create spiritual habits as well as earthly habits. Once you . . . And it's really not a habit. What is actually happening is you are developing a muscle, a spiritual muscle that you have not used before. So, as you begin to develop that, it will become easier and easier and easier for you. It is like when you first try to meditate: your mind races around much like rats in a maze. But once you get into the meditation regimen and you do this enough, eventually you are able to quiet the mind. But it is a matter of using that spiritual muscle. You see? ["Yes"]

Q39: You seem to work primarily on an energetic level. Can you work on a physical level? I mean, can you directly manipulate the physical world or assume a physical form if you want to, or would there be any reason to do that?

LBs: Our particular group energy would never attempt to do that.

Q40: Any particular reason?

LBs: Simply because it is not . . . This gets extremely difficult to explain . . . We are not of the astral plane. We are not of a plane that desires to be a part of the physical endeavors.

Q: I can certainly understand that. [Group laughter]

LBs: There is no connection there that makes us . . . It gets so difficult. Let us just say, in answer to your question, "No." [Group laughter]

Q41: With the current political unrest, there have been several negative predictions made, and I've recently been told one, and I'm just wondering what to do with that kind of information, whether to just let it go or . . . Because I believe that, particularly with the political unrest, that that kind of prediction is part of the problem.

LBs: And you are absolutely correct in that, because where the prediction, where this mind/thought is allowed to express itself, it creates an energy; an energy that draws what they are basically mirroring themselves. And so, any time someone gives you a negative prediction,

they are releasing an energy that is not necessarily to anyone's benefit. So yes, you are absolutely correct in that, but the only way you can act to receive the prediction, the only way you really can release that, is to understand that you are only going to draw to you what you allow to come to you through your own energies, and that there . . . Predictions are really a very foolish game many times that entities play because there are so many, many varied variables that play into any kind of drama regardless of what it is; that to predict what's going to happen is almost impossible. Even the best psychic in the world is usually only about seventy percent accurate, and the reason being they can't . . . even if they could see every single scenario that could transpire, it would be very complicated to be able to predict which straw was going to be removed, you see? So predictions should be taken for just what they are: a gambling chance. But yes, it could happen, or it may not happen at all.

Q42: Then why do psychics like Sylvia Brown make predictions for the upcoming year, and that type of thing?

LBs: Well, you have to understand that even she has a certain amount of commercialism that is attached to that. And also, many psychics believe that if they can see certain scenarios, by sharing that, perhaps enough energy will be used to divert such a prediction. And there is some validity to that, but again, predictions are extremely . . . it is just a very difficult thing for one to be sure of. And so, our own energies tend not to do very much of that for that very reason: because it can focus someone on something that may not be of their benefit, and they will send their energy in such a direction that they create the prediction and cause it to become a reality. Do you see?

Q43: When you hear a negative prediction, you have to let go of it or it can become a self-fulfilling prophesy?

LBs: And it is a very difficult task to let go of it, because when you try to let go of it you are actually drawing it to you, you see. Because what you fear, you draw to you.

Q44: Is one of the ways to offset negativity keeping a positive mind and heart, through consciousness?

LBs: Absolutely. If you can do that, it is certainly a great help. Probably the greatest way to deal with it is to simply believe within your own being that what is going to happen is going to be for your greatest benefit, although you may not, at that particular time, see it as beneficial. And believe that in your daily life and then, whatever the prediction, it will not matter that much to you because you are going to bring to you what is going to be of benefit to you. ["Thank you"]

You see, one of the greatest misconceptions on the earth plane is that your life is always going to be perfect, because your perception of what "perfect" is many times comes from all of what we spoke to you about when [ ] asked his questions. And so, it is really a rather ludicrous kind of game you play when you try to see into the future, because what you believe and what you think will happen to you at this point in time, two weeks from now you may have totally changed your perception, your ideas, and so, it will not play out in the same way, do you see?

Q45: I believe I am done with my issues and clearing and ready to just co-create and learn through joy. Can I make that happen? Is my belief strong enough, the belief of the mind, or does it have to come from my unconscious?

LBs: First, you . . . and we do not want to say this to you in a way that's going to be discouraging . . . [Group laughter] . . . it's not the better way of approaching it. You will continue to have issues as long as you make a determination to incarnate, because that's how you see it is, as "issues." And we're not saying "you," but we're saying that's how the earth being sees it, that when something gets in the way, not being the way you perceive you want life to be, it's an "issue." [Group laughter] And because you are a growing being, a month from now you're going to perceive this a little differently than you do now, and so there will be things that will need to be cleared away again. But you have, as you said, cleared many of the issues that have blocked you, that have been obstacles, and so, yes, if you have released those issues, you don't even have to consider it any longer; you will move forward, because just the momentum of removing those issues will move you. So you can manifest, then, the kind of life that you perceive you want. But you will change your perception is what we are saying.

Q46: But if I don't perceive my current reality as problematic, if I accept everything in my life as perfect, then I have no issues to clear. Is that correct?

LBs: If you can accept everything in your life as just is, yes. Just is. See, you beings here need so often to put things in little compartments, and there you go.

Q47: There's the part of me that says there was value in the many methods I learned, and being able to offer that to other people, but from my perspective I don't need it anymore, or so it seems.

LBs: Yes. We can tell you part of what is going on there, and it is simply that you are at a plateau now of where you are recognizing that tools only get you to a certain point, and then there must be this quantum leap that transpires and you are in the "knowing." And when you get into the knowing, tools are no longer necessary. And you are balancing now those two ideas of the knowing and maybe the tools weren't necessary. But you see, when you were where you were in your past you needed the tools to get you where you are now, and many times those of you who reach the knowing forget what tools it took for you to get there. And so, you are absolutely correct, some of the tools that you have used in the past could be of great benefit to those who are where you were when you used those tools. But you do not need them any longer. You are correct in that also, because you are more now in the knowing. Does that help you at all to understand?

Q48: It helps me to clarify what my question is. I feel I have an issue or a belief that says, "if I offer this, it's a lie, it's not true."

LBs: Yes. We can understand what you are asking there, and we can try to help you. Perhaps we will not be able to get into as much depth without revealing some private issues for you, so we will simply say to you that you have some conflict, and it is surrounding a belief system that you had when you were using these tools; and your belief system changed. And so, we will be more than happy to discuss this with you in a private way.

Q49: What advice or council would you give to the group regarding giving up their seniority to you, and your information, versus finding their own truth?

LBs: We have said from the first time we began to impart information that the goal was to

reach the point with each person that they could tune into their own truth, their own being, and not look outside of that for information. And so, it is our ultimate goal to help you learn how to use your energies and to open in such a way that the communication can be direct with the Source and [you] no longer need an intermediary or someone to act as a vehicle for you to receive information, because you will make that direct connection yourself. Does that answer what you are asking? ["Yes, thank you"]

Q50: There are several in this group that I feel a real connection to but I have no words for them. I have no conversation for them. How do I say that, explain that to someone, when I meet them? Should I say, "I don't want to talk to you, but I just want to give you a hug? [Group laughter]

LBs: That is how . . . The best kind of communication is for you to simply allow that to communicate with them. And a good way to do that is to simply open your heart and connect it to their heart; open your third eye and connect it to their third eye. Nothing has to be said, and they will hear you. And you don't have to talk, and maybe nothing will be exchanged in the way of words, but they will go home with that communication; that you connected with them.

Q51: Is that ultimately the way that we can better connect with you?

LBs: That is ultimately the way that you can connect truly with any energy, whether it be of an earth body or whether it be of a different plane, is simply opening your heart chakra, and opening your third eye, and being able to receive that energy.

Q52: Should we, as a group, try to do that to make it easier for you to be with us?

LBs: Most of you have opened in a very . . . It has been wonderful for us from the time this group originally formed, because most of the entities here have opened their heart chakra from the very beginning and are now learning to open the third eye chakra, to be able to receive the information. So we are very pleased with that, yes. That is very helpful for our energies to be able to come through and for you to hear. Now, what has not probably been said, and that many of you do experience already, is that each of you receive perhaps a different kind of message according to where you are in your growth and your openness. So, some of you are hearing something totally different than what some of you, maybe others, are hearing, because you are taking in an energy at a deeper level. It is much as you read a book, for instance, that is of great importance to you, and you read it and you think that you have absorbed most everything in that book. And five years later, you pick that book up again and you are amazed at how much depth there is to that book than you recognized. And it is not that there is more depth to the book; it is that you are able to receive that information at a deeper level, or more levels. You are able to receive more of the energy. And so, that is what happens here. Each of you receives the energy at the level you are able to accept it. And that is why when we shared with Tanya that it would change those of you who would join in the gate opening; what you're doing is opening more so you can receive more energy, not only from each other but from the Source itself.

Q53: Is there anything you would like to say in closing, Light Beings?

LBs: We would just like to say that we are most pleased with what we are feeling here today with the energies. There are some . . . some very . . . words are again so very difficult . . . there is some great intermeshing of energies and can be some very powerful energy that can be . . .

can move out, you can take with you and move out into the workplace and into your home. And that is what we would like to see you experience more of. So we hope you will take some of the energies that you share here and experiment with that in other areas, try to reproduce some of what you experience here, so that you can start seeing changes in your everyday life with your energies.

[Tape ends here. End of session]

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