

Light Beings: Good evening. We thank you for making the effort to come on this beautiful, snowy evening, and we look forward to sharing with you a lot of information. The group is not as large as usual, so it will give each of you the opportunity to ask the questions you may have been holding back. So, we would like for you to feel comfortable, those of you who have not participated before, in asking anything that you feel you would like to get some information on and understand that most of the time, anything you would ask, there are others sitting here who would have the same questions. There are very few original questions usually; the issues are the same for the many. So let us begin with any questions you might have.

Question #1 I thought that this might be a good time to ask about the earth rules, not the rules of societies or governments or religions, but those rules that pertain to this plane of existence; for example, the rule of energy exchange. And I was hoping you might touch on, at least briefly, each of those rules.

LBs: We would be here for a very long time in discussion if we discussed each rule that pertained to the earth plane, but we can tell you in a very general way that the main rule that you are constantly working with is that of polarity. That is what separates the earth plane from other dimensions. And if you really look at everything else that is participating with the earth, it is a part of that polarity. And once you can understand that there are always the polarities in any issues that you are dealing with, in any kind of situation that you are participating in, or anything that you are viewing and not understanding, it will go back to that rule of polarity. And so, to go into each of the individual, as you say, "earth rules" would not even . . . it is not necessary. Because if you can understand that broad concept, then you will be able to take it into anything that you would come in contact with that you would have questions about. If you have a particular thing you want to ask about, we would be more than happy to discuss it. ["Not at this time, thank you."]

Q2: It seems to me it's been very difficult, not necessarily to stay on our path, but to find out where the path is going, and not to circumvent what we call "the future," but to try to understand what we need to do in the present to make that a more optimum experience. For me myself, it's been somewhat to I know I need to work on myself but I don't know what I am preparing for.

LBs: Yes, and you're absolutely right. Those who have been walking the spiritual path or have been searching for their mission, looking for where they think they should be, are experiencing many times almost a limbo state, a state of not being able to move forward and yet not being able to disconnect from the past. And part of that is to help you understand that you are approaching a time now where it is going to be exceedingly necessary that you understand what "being in the Now" is about and what just "being" is about. For many eons, there has been this almost fight to move forward, always having the specific goals to reach and this building and this creating. And we are not saying that that will not continue on the earth plane. But we are saying that now part of the lesson is to learn to be in the Now and not constantly to be looking to what you are going to be in the future, but just being. And so, that is disconcerting to the many, because most people either live in the past or they live in the future and rarely live in the present moment. And that is part of what you are now adjusting to. Do you see that?

Q3: Yes, I do. It's still frustrating, but I can see it.

LBs: It is frustrating because it is not the way you were taught to live. You were taught from a very young child when you get to be three, you will be able to do this; when you get to be five, you will be able to do that; when you get to be sixteen, you can drive; when you get to be twenty-one, you can vote. And it goes on and on. And so you are constantly looking for "when you get to"--when you marry, when you have children--and it continues, so that you are

constantly looking out there--when I save enough money, when I get this done, when I get to build my house, when I can buy my new car--and you forget about the Now. So you never truly live on the earth plane; you are always a bit of ahead. Do you see? And so now, there is to be that change of being, just experiencing learning to understand what the Now is about.

Q4: I was listening to some tapes on the way up here in the car that were discussing bringing 'presence' into our daily lives, and as I become more aware, and as I practice noticing presence, I feel less comfortable in the body, or I seem to be experiencing physical ailments. Is this a phenomenon, or is this something that I am projecting onto my being?

LBs: There are two reasons why you are experiencing this, and it is not an uncommon thing. As one begins to understand the energies of something outside the Self and begins to understand the connection with the Source and begins to understand more about being in the present, in the Now, one begins to spend much of their time in the other chakras, forgetting about the first three. And in so doing, it begins to create a vibration in the body that is not necessarily one that is of benefit to the physical nature, to the denseness of the body. That is why we keep recommending, when one is doing their spiritual work, that they do not forget to be grounded, to do something that keeps them a part of the earth plane, because it is very easy for one to become so spiritually oriented that they forget the mental, emotional and physical bodies. And it is necessary, as [Q1] was asking about rules; one of the rules that must be recognized is that there are the four different bodies . . . and the causal body. You cannot just ignore one for the benefit of the other, do you see. And so, you might look at your own life and recognize that you are spending more and more time in the spiritual realm, more and more time with your thought patterns, more into things of a spiritual nature, and forgetting, perhaps, to ground yourself. Do you understand?

Q5: That sounds perfectly understandable except I'm not sure how to ground myself.

LBs: There are many, many ways that one can ground, and it is up to each individual entity to find out what suits them best. And what may suit you today may be something you will bore of tomorrow and need to find something else. But you can do anything from taking a walk to working in your garden to getting yourself into something that is of a nature of creation, whether it be sculpting or painting or . . . And again, that can be tricky, because some do that kind of medium for meditation and then they're not grounded any longer. But sometimes you can get into working with your hands in different ways and ground yourself. Simple things: cooking a meal, spending time with a friend in a mundane way. In other words, doing things that bring you joy but are of the earth plane can help ground you. Does that help?

Q: Wonderful! Thank you.

Q6: The last couple of months there's not been a lot of activity on the third-dimensional level of my life, its been quieter and more peaceful, yet I feel almost like I'm not all here, like I'm sort of in a lull, or like part of me is asleep or busy doing something else. What is that that I'm sensing?

LBs: If you remember, we explained to you before that because you had had so much to have to work through both emotionally and in other levels of your being, you needed a period of regeneration and healing. And you are now going through that period of healing, and so, yes, many times you do tend to slip away, so to speak, into other dimensions, because you do not have anything to attach your attention to. You for so long were forced to constantly keep your attention on things that were happening around you, and now that has been taken away, much of it has diminished, and you are in a state of healing, without having constant stimulation. And

you really don't know how to deal with that because it is the first time in this incarnation that there has not been some major thing that you needed to either fear, or run from, or take care of, or fix. There was always something that you had to concentrate on or focus on.

Q: That's real true. That's exactly what it feels like. And I guess part of my question, though, was what . . . it feels like . . .

LBs: We can help you along here, because we understand what you are saying. And it is connected with what [Q2] had talked about earlier also, that--

Q: It feels like the puzzle pieces are coming together somehow.

LBs: Yes, and there has been this shift, you see? And that is what's happening to many of you is there is a shift of recognizing that you truly are at one with the Source and at one with everything around you; and you truly are beginning to learn to detach from the dramas, and you are able to walk into situations now and see that it is just that--a drama--and so, you're not hooking in to every little thing that comes your way; and therefore, your focus is not being directed to the things that have always been up until now. So you're somewhat disoriented, because you're no longer living the life you have always lived. So now, you have to find a new way of being. And does that help you some, [Q2], in what you asked before?

Q7: But there seems to be a "stalling," almost as if you know something's coming, but you don't know what it is and you just . . . all you have is what's in front of you, in the present, and you don't know how to get from where you are to where you think it is you're [...].

LBs: That is true. And part of that . . . it's two-fold; a two-fold thing is involved in that. One of the things is you have personally not quite stepped out and said, "I'm ready." You have, to a degree, but there is still some hesitation. And until you are ready to do that, then you are not going to create the energy field to bring in to you what is the next step for you.

Q8: Is that not a "Catch-22"?

LBs: It would seem so when you intellectually think about it, but there is . . . there truly is a time when you must simply step off into the abyss.

Q: (Laugh) Thank you.

Q9: My son is eleven, and I don't get to see him much. He spends his time at school, and his father takes him to school and picks him up. And I miss him.

LBs: It is more than just a deep physical absence, and it is something that every parent experiences. Most are not aware perhaps, but he is reaching the age now where he truly is breaking away, his energy is going into other areas, and so, you're not only missing him physically but he is not there a lot in the same way that he used to be. And that is a natural phenomenon. And if you can be patient and recognize that after a period of time, from about the age of eleven-twelve until about sixteen-seventeen, the male child has a great need to no longer be attached to the female in his life; so, you are missing him, but it is a necessary part for both of you. And if you can just simply be with that and fill your life with the love that you've had for him all along, it will continue.

Q10: Is there a way that I can share a spiritual journey with him?

LBs: The best way for any parent to share a spiritual journey with a child is not through words but by the being who you are. They read energy much greater than you think they do, right on up until they are in their late teenage years. And they read much more about a parent than a parent may recognize, without any words being spoken. And that is why sometimes there is a lot of confusion, because a child will hear one thing and know another about a parent. So, if you want to share the spiritual journey, then you be that person of spirit and share who you are with him, and then he will be able to go with you.

Q11: You said that there was a sound within us all and I hear one in my head all the time. You said that we would individually use that sound in our work going forward. Are you talking about the essence that we are?

LBs: If you had no physical body and you were once again a part of the All, you would find that you were just light and sound. And each piece of the spirit that you are is unique, and yet is a part of the whole, so that there is this complete, harmonious existence. It is very, very difficult to explain this in words, but that is part of what you bring into the personality of the earth body is that sound. And a lot of the time, what you are hearing is the inner essence of you that is . . . that you're experiencing, if you get quiet enough.

Q12: But how we would use that individually in our work?

LBs: Each of you has your own sound, and you can actually project that through the voice, and can find that that can be extremely beneficial if you find that sound and are able to manifest it through your own voice and work with that; it can be extraordinarily centering.

Q13: Is that the sound that, when we do the toning that just comes out? Is that it?

LBs: Yes. That is correct. And this is one of the most profound ways you can center, is by using that sound. And by working with that sound you will begin to realize then how you connect with other sounds and how you can use it in your healing work.

Q14: My friend told me he has been diagnosed with prostate cancer. I don't necessarily feel or sense that he is terminal, and I was wondering if he was open to other modalities--of toning, maybe, or light or color or sound, or other alternative modalities to help him stabilize the body, his Ph. Would it be beneficial to him, or has he decided to leave now?

LBs: He had made that decision some time ago, and even though one may make that decision, sometimes it is a long journey because there still is learning to be had. He is not necessarily open. If he were, it could make him a much more comfortable transition, and that is something that we will be working with you on at a later time, with many of you, in the way that you can use some of your energy work with making . . . with helping those who are in transition. It can make that transition such a beautiful journey, and it can be a wonderful experience for both of you, for those who are, as you call it, "terminally ill." That's an interesting expression that the human entity has placed on something that is one of the most exciting parts of your existence, making that transition. But it certainly is not terminal; you continue, as you move forward out of that body of yours. But nonetheless, we would like to help you understand how some of the energy work with the sound and even the color, and especially with music, you can help with those who are transitioning. It can be extremely beneficial, more so even than drugs.

Q15: Beneficial in the sense that it gives them a sense of peace in the transition, or are you saying helping with physical pain?

LBs: It helps with physical pain, and it also helps with the energy field around them. And of course, that begins to permeate the body and gives them a sense of . . . we won't say a sense of "control" but that probably is the best word we can use at this time--a sense of wholeness, of understanding that they are part of the whole. And it . . . many times, when one recognizes that they are entering a point where they realize they are no longer going to have a physical body, they feel very isolated. And this work can help with that feeling of isolation; help them to open to being a part of the One.

Q16: I have a question about guides. Is there a system by which you can communicate with your guides, energies, and spirits directly?

LBs: Absolutely! And you do it now probably more than you are aware, because everyone has guides and everyone has the ability to access those. And it is a matter of first recognizing that it is a possibility, and then you must be open to being able to receive the information and trust that it truly is information coming to you. And yes, there are many ways that you can do that. There are people who can help you in that opening. There is . . . there is many times a simple process of just meditation and through understanding that the so-called, as you call them, "guides" or energies that are there to help you are always available, but the only thing that stops you from receiving the information is your intellect saying it is not possible. So, if you really want to make the connection, you might look around in the area; I am sure there are probably several that can aid you in that kind of opening. If you are planning to attend the Tims workshop, you are probably going to find that that is going to be beneficial in helping you be more ready to accept the idea of opening to your own guidance. But that is the ultimate goal for everyone is to receive your own guidance and not have to look outside yourself to get answers, because the information is always available to you.

Q17: So you're saying that these guides are for the most part higher energies, or are they other spirits?

LBs: It gets almost impossible to explain in words, but they are . . . there is no real separation of the energies, and yet, of course, they do not have a body. And so, it is much as we are able to speak through a physical entity but we are not separate from that physical entity completely. Do you understand? It gets very difficult to explain that. So, you have guides that are not necessarily of your physical body, but they still are a part of your group soul. Does that help? If you start trying to explain in words, it gets very difficult at times.

Q18: I'm curious. Have you ever taken a body, other than through channeling?

LBs: The group that comes through this particular entity, yes, many of them have taken a body. As a matter of fact, they have shared lifetimes with several of you in this room and also with this entity. There was a contract made many, many earth years ago with many of you to come together again during this particular period, and there was work that you had decided that you would try to do; so yes.

Q19: Since all of those lives are happening in the Now, what's the next step for that [...] goal?

LBs: Each of you is recognizing and beginning to come to a consensus, so to speak, with your own inner being, because most of the time what keeps one from understanding their mission is the conflict between the soul and the ego. And most of you are beginning to recognize that energy interchange, and how you are needing to balance that, and beginning to do so. And so, as each of you begins to recognize that kind of dynamic that needs to happen

and allows yourself to step out and say, "I'm ready to step out and take the leap," you will start to see opportunities that are going to come together for many of you, and you are going to, in twos and threes, find similar interests and hopefully start doing some real work together, and then come together as a group with the sharing. And you will begin to recognize how you can then truly go out into the community and be able to make a real difference. And it will no longer be just conceptual, and no longer will you sit here and ask questions, but you will participate in actually taking what you have learned and exchanging and giving out to those who are ready to hear.

Q20: You mean no more light under the bushel basket? [Laughter]

LBs: That is a very good way of putting it.

[BREAK]

LBs: Welcome back. And we now are open to the questions that you had. Would you like to start with the first one?

Q21: I had this extraordinary experience where I joined with my essence and experienced what that was, and witnessed my higher self actually change my bodily form. I was squinting my eyes, still trying to gain some sense of what I was experiencing in this particular place that appeared to be out in space; and as I looked at these balls of very bright, beautiful blue light, for about two seconds I got the external appearance of a real person with skin; and then it flashed away as soon as I identified who that light was. To my amazement it happened again, only with a different person. And it seemed to click the other day that every experience that I have--outer senses of the normal five senses, inner senses of empathy, telepathy, hunches, impressions is totally mirroring what I am projecting into the universe, mirrored from every aspect of God's consciousness that we individually are demonstrating. It is my sense that everything that I experience, of every thing around me is entirely what God is creating through me.

LBs: Yes. You are definitely grasping something that is very difficult for many to ever achieve, in that they truly are their creator and are creating everything around them. That is a very difficult concept for most to even buy into, but as you become more and more involved in learning about your spiritual nature, you realize that you have the ability to truly manifest through, as you call it, "mirroring"--and that is perhaps as good a word as any in showing what you truly are by looking outside yourself. And it gets a little more complex than that though, because even though you may see something in someone else and it is not who you necessarily are, it may be what you think about a particular thing, or how you judge a particular thing, or what you are needing to experience to open a part of you that you have denied. So there are many ways that this mirror theory can work for you, not just in showing you who you are, but maybe what part of you you have no longer accepted, or what part of the universe that you have a very critical sense of, instead of just allowing it to be a part of the polarities. Do you understand?

Q22: Absolutely. It seems that my beliefs, my expectations, my previous experiences, my emotional communications are what I get to experience until I become absolutely certain and clear and can experience a non-separation, and a very simple and astounding appreciation for everything.

LBs: And not just appreciation but a . . . a melding, so to speak, an understanding that you are a part of the All and you can flow, with that knowledge, and become then much more expansive to the world that you present to.

Q23: I use “appreciation” deliberately because that is a first level of what is absolute and unconditional love.

LBs: That is correct. You must . . . yes, you must first be aware enough to appreciate. That is true.

Q24: With simplest appreciation, and understanding being a way to be able to experience, in compassion, an absolute communication, fullest melding, a sense of the individual and the One.

LBs: Yes. And that becomes much easier to understand as you become more consciously aware of your ability to “create your own reality,” so to speak, on the earth plane as you make certain choices; that you can become the One, but you still have that individual aspect of the One, that facet. Much as a gem stone would be cut into many, many facets, then you are one of those facets of the whole, and you can then reflect in a way that no other facet reflects. So, you do have the individuation that is there for you, but it is a part of the whole.

Q25: And it's simply loving ourselves and realizing that we are everyone else and we're all different at the same time. And it's so bizarre!

LBs: That is the most difficult concept, perhaps, for an entity to initially understand, is how important the individuation is, and yet how important it is to understand that you are complete within the All. And once you can grasp that concept and accept it and feel comfortable with it, then you can start expressing much more who you are, and what your essence is about because you recognize that you are completing a part of the entire tapestry. You are one thread, but without that thread, the tapestry will not be complete. Once one can grasp that concept it makes it a much easier process of living on this earth plane that you're on in a way that allows you to be expansive and allows your essence to truly present itself in the way that you were meant to present, without so many barriers and so many boxes around you. And as you begin the process--back to the idea of the mirroring, once you begin the process of how you create your own reality, what you bring into your own field, it becomes much easier then for you to not hook in to so many of the things that can create difficulty for you, because you recognize that it is of your creation and if you don't want to experience that, then you simply re-create. And it makes life a lot more fun on the earth plane to be able to do that. It's very possible, because it should be full of joy and fun. That's where you earth beings have completely lost the actual reason you're here.

Q26: Is there more you could share about magnetism and magnetic resonances - and heart?

LBs: We are not, certainly, avoiding your question, so we'll give you some answer here, but we're going to say that this is an hour-to-hour process of questioning that you may want to pursue at a later time, because to be able to truly get into how the magnetic field around the body and the magnetic . . . The earth's magnetic grid and all of the involvement of the magnetic forces of what is around the earth plane is vast, what you could start experiencing and researching and learning about. There is much, much more to the magnetic forces than are even recognized today, even though there is a lot of research being done and there's a lot of understanding about how the cellular structure can change with certain magnetic forces being exposed to it. But it will become much more apparent as more research is done about some of the subtle magnetic forces that are present and how they . . . and not just the electrical magnetic fields, how they influence the cellular structure of the physical body, but also how they affect the etheric body, the different levels of the etheric body. And especially one that is not being researched at this time but is going to be discovered is how it affects the mental body, how the

magnetic forces affect the mental body, and not only just while one is living in the earth body after it emerges from the womb but it is being affected very early by some of the magnetic forces, the electromagnetic forces, that it is being exposed to.

Q27: What are some of the ways our joy connects to crystalline structure, the DNA of our biological heart?

LBs: We wish there were an easier way than through your English language to express . . . When you experience any kind of emotion, whether it be joy or anger or frustration, each of those has a certain vibration and, with that, a certain electromagnetic field that surrounds that vibration, so to speak, so that you either resonate or it becomes then a disconcerting or disjuncting kind of situation. So, for instance, if you could see what happens to your entire field when you become angry, it might really surprise you, because if you could see color, you could see that it changes in its denseness, in its darkness, and in its movement in the color and in the vibration; and in that change, it is affecting all of the levels, beginning with the causal level especially and coming down the mental and all the way down the etheric sheath. It is affecting through vibration, and it changes the magnetic field and so, eventually, enters the cellular structure. And if it is continued for a long period of time of continuation of this particular energy, it is going to affect certain areas of your body that do not resonate to that energy, do you understand? And that's what creates disease; that's what creates malfunction of the body. Not necessarily just anger but any kind of emotion that you do not resonate with.

Joy is an expansive emotion that almost acts as a . . . How can we explain? It almost . . . if we could draw, it would almost look like it expands the cells. It . . .

Q28: Lubricates?

LBs: Yes. That's a very good word for it, yes. It helps the entire cellular structure function at a much . . . Much as if you would put the highest grade of gasoline or oil in your car possible to help it really function at a high degree, that's what the emotion of joy does for the body, do you see? So it creates an entirely different kind of resonance to your cellular structure, and it affects your magnetic field again. And it helps you . . . we won't say "protect" because that's not a good word, but it helps you keep your body functioning at a higher level than it might without that joyousness; and therefore, you are more immune to a lot of the outward electromagnetic forces that are detrimental to the body. Do you understand?

Q29: Yes. And how can we actually share and direct the capability that joy and love bring into the physical world?

LBs: You are asking how you can teach this?

Q30: Maybe just personally manifest this power of being, this presence, and extend that into the physical world beyond the physical body.

LBs: It is such a simple process, but when we tell you what it is, you are going to really moan.

Q: Okay. [Group laughter]

LBs: You simply let go of all your ideas about what is. That's all. Because what keeps you from joy is your ideas about what is. That's all.

Q31: You mean get out of my head?

LBs: Because when you come into a physical body, you are pure joy. And if you don't believe that, watch any small child at play or watch any small infant and the joy they see and be in everything, if they are in a healthy body, of course. And that's really all it requires for you is to recognize that every single thing that gives you a charge is something that you have made a decision about at some time in your life and have formed an opinion of what is. And if you can release that, there will no longer be a charge or an issue because you will recognize it just is, and that then will release you to experience joy in the Now.

Q32: In the last four to six months I've noticed that the body's taking a lot less nourishment and becoming very heavy, which goes back and forth between feeling like I am not hungry and I'm always full, to needing to not eat, or I'm going to become too full. Part of this is psychological and part of it feels energetically physical. Is there an answer to this?

LBs: Yes. Because you are going through a physical transition as you go through any kind of spiritual transition, there usually is a need for a conscious look at diet. And you are correct in that as your vibrational level rises and you become less dense, so to speak, you are not able to tolerate as easily a lot of foods that you could have eaten very easily in the past and not made you feel heavy. And now you're realizing that with some things you're not comfortable after you've eaten them, or they do not necessarily satisfy you in the same way. And again this goes back to your idea about what you need to eat. You have been taught in your existence on the earth plane that you need certain foods and you must do a certain way about eating, so you have all sorts of ideas and beliefs attached to your eating processes. They need to be examined now, and you need to recognize that a lot of food products that you ingest are not of a pure nature any longer. And as you become of a lighter . . . your body's not as dense, physically as dense, you're not able to tolerate some of the additives and the hormones and the other ingredients that have been added that are not of a natural nature. And so, it could well be advisable for you to avoid much of that, and you will find that a lot of that heaviness and that not wanting to eat will go away.

Q33: Okay. So it's not that I am actually living on the energy of the higher vibrations; I just need to eat purer foods?

LBs: And probably eat lighter foods than perhaps you have been eating in the past, foods perhaps that are not necessarily of a flesh nature as much; a much more . . . just a lighter food. Eat . . . When you think of eating, think about what brings you joy, what ends up really satisfying your taste, and make it a pleasurable experience, rather than . . . Many times what happens with an entity is you let food just be a process, something you have to do, and it should become a pleasurable experience. So it is a matter of just re-looking at how you have observed food and thought about food in the past, and what you have been putting into your body, and making some changes.

Q34: Make it an appreciation, rather than "I'm eating"?

LBs: Correct. Yes. And you will find that you will not need as much food.

Q35: We five people in this room who are part of a study group, the "CWG" study group, and we have an event planned where we are going to introduce the Conversations with God group materials to a congregation at a local church. It's hard not to try to project some kind of mental expectations on what we hope this event might achieve in terms of world consciousness, or just consciousness within our community. How can we speak about the unspeakable at this event?

LBs: We have that exact same issue! [Group laughter] We struggle with that constantly, trying to come through an earth body with words you have developed that are in no way expansive enough to describe what we constantly, our energies, experience. And so, all we can do is try to filter it down in such a way that you can grasp at least a small drop of the whole. And that's all you will be able to do is allow yourselves, when you walk into the area where you are going to do the speech, to make sure that you open your heart completely and to ask that you say nothing that is not of pure intent. And if you then allow yourself to speak, with nothing but pure intent and love coming from you in your energy, you are going to reach people even if the words don't always come out as beautifully as you might like them to, because they will be reading your energy just as much as they will be hearing your words. Many times, the way you open one to new ideas and new experiences is not through what you say but how your energies are being read. You can speak to one at a much, much deeper level with your whole energy, you whole being, than you can with words. Does that help? ["Yes it does."]

As a group, it would be good before you gather together to make your speech, for you to perhaps open to a very brief meditation, dedicating yourselves to being open and creating the kind of energy that will also allow your audience to be open.

Q36: I seem to be tapping into a sense that there's a sense of urgency to get the CWG material out. I remember reading about some kind of cataclysmic event taking place in June of 2003?

LBs: There have been many predictions, and some have manifested and some have not, and that will continue because, as work continues to be done, many times the energies actually divert things that could possibly be considered as "cataclysmic." But we do not really think it is a beneficial thing to concentrate on any kind of predictions, because all that really does is create a fear base, and that will many times bring to you exactly what is predicted. So, even when one is so concentrated on not having war, they are putting the energy out of fear so much that they may actually bring that action to them. So, what you really want to do instead of feeling such an urgency is to simply say you will do all you can do to create the situation to allow you to present, when you feel that you should. But dismiss that feeling that something is going to happen, or that you aren't going to have enough time, because that will create an energy that will not be of benefit. Do you understand?

Q37: Right. So sometimes I have to just disregard signals that are coming to me from others?

LBs: It does not benefit one to create any kind of . . . You see, urgency creates fear. And anything that creates fear, then there cannot be in that same space of energy that openness and expansiveness of love. So all we are saying is to try to, if you can, recognize when that comes to you that it is not perhaps something you want to remain in your field, and replace it with a believing or accepting that you are doing what you can do as fast as you can do it and that's what is! Do you see?

Q38: Yes. I may be responding to media hype and political forces that may be stirring up a lot of turmoil.

LBs: You can be sure that the news media people who are involved in that incarnated and have decided that they truly are going to play out drama at its height in this incarnation and they want to experience that and share that with the world. They create that kind of energy that makes you believe that . . . that if you . . . Again, it is important that you are just very discriminating about what you let into your field.

Q39: I am seeing the whole of creation, and also the individual, and just watching the whole perfection of how the whole thing is playing out, and I find myself wondering what difference does it make that I... you know, we talk about having some work to do, and I don't really feel any more like I have some work to do.

LBs: Hurray! You are reaching a wonderful place. Because it is not important what work you have to do; it is important that you just are. And the work will come. So you are right on track. Don't get discouraged with the feelings that you are having right now. Play with those. Allow those feelings. Because you are now reaching a point of recognizing that it is not so important at all, these great goals, or these great ideas about what work you are going to do. What is important is that you just are, that you are allowing that expansive self to be. So, you are at a very good place in that respect, as frustrating as it may feel at times. [Group laughter]

Q40: This is confusing, especially hearing it all . . . all around me.

LBs: Yes; and it will be confusing until you can recognize that it is necessary for you to reach that point first before you can do your work. Otherwise, you're so busy trying to figure out what you are going to do in the future that you're forgetting where you are now.

Q41: Unless you decide to jump into the void.

LBs: That is the first step, is stepping out and deciding that you...once you have reached that point of recognizing that maybe this is all just one great big drama and it doesn't really matter how the script comes out necessarily, you might exit stage right or you might exit stage left, and it doesn't really make that much difference which way you exit--what is important is recognizing that it is all what you can create; it's your drama, your script. And then once you reach that understanding you will then be required, yes, to jump off into the abyss, where there is a nothingness for a little while.

Q42: A leap of faith.

LBs: Yes.

Q43: That's where I'm stuck. When you get to that place where you are letting go of the past; when you are recognizing that everything in your past served you, but no longer has any relevance for the Now and for the future; when you are at the place when you are recognizing that there is no future that is based on the past, that the future is wide open and . . . I'm striving now to learn how to live in the present moment but also thinking I should be creating something for the future. There's nothing out there now. All the assumptions that I had are gone that what happened in the past will happen again in the future. I don't believe in any of that any more, and I know it's all . . . even cause and effect is just a matter of my believing in it, and so I create it again. Do I learn to just exist in the moment now, and just let it happen, or do I plant things in the future in my mind? Do I choose things I want to experience or--?

LBs: Again, it is really so simple, but so difficult to really understand the concept of it. When you reach a point of understanding that you are completely a part of the All and you become willing to step out and say, "I am going to be," at that point in time you create an energy around you that will magnetically attract to you what will then help you manifest, and help you walk the path that you resonate best to, and how you can express your essence the best. But you have to take that step of saying, "I am," and then you create that field that will bring it to you. And it is amazing how rapidly, once one has been able to take that step, how rapidly things that you resonate to come to you. Do you understand? ["A little"]

Moderator: Time is running short.

LBs: Yes, we will be more than happy to expand on this, because this is an important thing that you understand is that you have experienced, most of you have experienced in the past the ability to physically manifest, but it wasn't always what you really wanted because you never were really clear about who you were, and so, you would manifest or bring into your field things you didn't necessarily resonate to, things that were not necessarily of your essence. And once you can reach a certain point of stripping away a lot of what has been keeping you from recognizing who you are, then you can create the kind of field you need to create to bring to you that of likeness, that that resonates to you. And then you can expand even more. So we will be more than happy to get more in depth with you on that at a later time.

Q: You did really well with the words there. Thank you.

LBs: Thank you! Sometimes it is easier than at other times.

Q: Good night.

LBs: Thank you all for being with us tonight. We look forward to it again soon. Good night.

[End of session]

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