

Light Beings: Good evening. We welcome you. And this is a rather sedate group tonight. We hope that as the evening progresses the energy will build somewhat and you will feel more into asking questions and becoming more involved. We feel some separateness that we hope will become less so as the evening progresses.

We would like for you to begin tonight with your tones. And for those of you who have not been here before, when we say "your tone," we are saying that if you will take a deep breath, then the tone that feels most natural to you will come out and it will blend with all of the other tones, and you will find it will create an energy of unity. So, let's hear you do this seven times, please.  
[Group toning seven times]

LBs: Do you feel the difference in the energy? [Various affirmations] Now we are open for questions.

Question #1: Yesterday I was feeling unbalanced after I got back from a long truck trip, and I got into the dodecahedron and toned for about ten or fifteen minutes, and it calmed me down. Was the dodecahedron involved in that, or was it just the toning itself that calmed me down?

LBs: It was actually a combination. Had you not done the toning you still would have felt perhaps, not the same kind or same level of energy change, but you would have felt an energy change, because the dodecahedron itself emits a certain energy that helps for the opening of one to the ability to receive the unconditional love or to receive . . . one of the words that is used many times is "compassion" with the dodecahedron. And so, it would have mellowed you somewhat. But by also doing the toning, you were able to balance, and that created an even higher level of wellness.

Q2: So the dodecahedron's particular energy is focused in the area of opening to what we would call "compassion" and "unconditional love"?

LBs: Yes. Unconditional love may not be the best word for it, but it opens one to being able to receive and communicate, and to . . . The energies of the platonic solids are a little bit different than the energies you might deal with in some other areas, like the balancing with, for instance, your tuning forks that you are so familiar with. It does it in a much more subtle way and does not necessarily create an instant receiving. So, you may have sat in the dodecahedron and not felt anything had you not done the toning, but the work would have continued and worked its way through the levels of the fields, and it might have been thirty minutes or an hour later before you would have begun to feel the difference, do you see?

Q3: The platonic solids affect the fields more than the physical body, and the tuning forks are much more physical, so they affect the physical body--?

LBs: It [the tuning forks] just simply works much more quickly because of the vibration of the sound.

Q4: I have a question about [ ] who is a student and a friend of mine. Through a situation which you are probably aware of, we are not communicating and I've picked up energies from him in the way of his name coming to me, and I just wonder how he is, if that's something that you can say.

LBs: How he is? Are you asking physically, or how he is mentally?

Q5: Mentally.

LBs: This is something that we would really prefer not saying too much about because the individual has not given permission. Do you understand that? ["Yes, thank you"]

LBs: Yes, it is simply recognizing his privacy. But we would be more than happy to answer if he gives permission.

Q6: Since the gate opening workshop, the hearing in my right side will just completely go away maybe ten, fifteen seconds, and there's a really loud kind of tone that's always there but becomes much louder, and then the hearing comes back. What's happening there?

LBs: This may be . . . Let's see if we can explain. We have talked before about how there can be slips of, or warps that you slip in and out of. We've talked about that before, especially about your time on the earth plane that you can slip in and out of. It's the same kind of thing happening with you, except that you are entering the void. And we've talked a little bit about the void [Yes] and you are doing it for just seconds at a time; but that is literally what is happening--you are entering the void. And it's simply that you are noticing more the silence--the sound of silence--that Christopher Tims speaks of, that sound that you hear and he asked you to check in on frequently during the day. It's that same kind of thing, and you just have not noticed it before, that complete silence. And it may start happening with both your ears. Do not be disturbed about it; it just means you're slipping into the void just for a moment.

Q7: Well, I've been aware of that tone and that silence, but it's never been where it affected my actual hearing.

LBs: It's just simply an adjustment you're going through. It's not permanent. But you have made a lot of frequency change, and so, it's just a little . . . you're just a little off cue or off center for just a moment or two. You will make the adjustment. It might take you a few more days, even a week or so, but it's a physical--your physicality is catching up with what you've experienced in the opening.

Q8: What light, or what sound could we use to help with mono?

LBs: Mono comes from being overwhelmed with what you are experiencing, which is why many times young people get mono. It's a combination almost of being frustrated and angry at leaving childhood and having to accept responsibility; it's all tied up with that sort of thing. And so, one of the things that would be helpful with mono would be to use some of the . . . and this is difficult again because it is on a personal basis, but music . . . sometimes one does not understand that there is music even of a nature that may not be appealing to, say, you that would be appealing to a younger person. And that would be as healing, even though it may seem even discordant to other ears.

Q9: I'm speaking about my son, and so, are you saying for my son to use any kind music that he likes?

LBs: That truly makes him feel uplifted and joyous. And also it would be of benefit for him to use--in clothing and so forth, to help his energy--to wear some reds. That would help his energy level somewhat and also give him a little more vitality. In the case of, many times, of mono, the only thing that really, in the way of sound, he would be able to instantly access is the music, but if he could be exposed to such things as crystal bowls, it would be extraordinarily helpful to him. That would be something that he could... it would help balance his energy fields tremendously.

Q10: Well, he responded well with the tuning forks, too, so I guess that would be--

LBs: Yes, continue using that. That would also be of help. But that is not going to heal him as much as the crystal bowls would be able to do because that sets up a little bit different energy field.

Q11: I've been working with electronic things lately, and I'm noticing a lot of disruption. The phone rings and there's nobody there, the fax kicks in, the computer shuts down all by itself. Is that going to get worse? What's going on with the energy these days? [Group laughter]

LBs: Each of you will feel the effect as your energy, as your frequency, changes. You are affecting things outside of you, and so, it is not uncommon to blow light bulbs, to blow electrical appliances, to physically affect your computer or, as you say, your fax machine. That is not uncommon and happens much more frequently than one realizes, but one is not always aware that they are making the vibrational shift, and so they ignore it. But you are having a shift, and so your entire energy field is changing. And as that happens, it affects things outside of you. Many times you may notice that your car is like a precursor to some things that you are experiencing. And so, it is not uncommon for that to happen.

Q: It's called "the shift hitting the fan." [Laughter]

LBs: Very good.

Q12: Speaking of "the shift hitting the fan," Joyce lost her credit cards in an unusual manner. Did that have anything to do with blinking in and out of this reality? I mean, what happened with those credit cards (laugh)?

LBs: That is a really difficult one to explain because they truly were misplaced. And we understood that concern, and so, there was a shift so that they did reappear. And this will . . . you are going to find, each of you, that this is going to happen more frequently also, and it is an energy . . . her energy literally moved those cards, and they--

Q: They sure found a way back.

LBs: It was almost like an illusion; but yes, they reappeared.

Q13: Are they here to stay? [Group laughter]

LBs: That will depend on whether she shifts again in that respect.

Q: Is there a safe place to put 'em? [Continuing laughter]

Q14: Are you saying that they went out of this reality? Is that what you're saying; to another dimension?

LBs: More or less. And this gets into a very complicated way to explain. Let us see if we can think of an analogy that can explain this. We are sure that many of you are experiencing just such a thing. You are sure you put something down in a place and you go back and it's not there. And then later you go back and it's there again.

Q15: Or in another place.

LBs: Or in another place. And you know that you didn't move it. Correct? It has to do with the energy of you and how you are perceiving things and using your energy. And you are energetically, literally many times, moving these things through your . . . not conscious thinking, but through your intent, so to speak.

Q16: Is that what happened to my car keys that I lost out here?

LBs: Yes. And sometimes you never will be able to explain, because you never quite shift back to where you were, and so, things don't manifest themselves in your reality because you've changed your reality.

Q17: As the vibration continues to change in the next ten years or so, is the population going to find accelerated examples of things popping in and out of their immediate environment?

LBs: What you are going to realize is that quantum physics is absolutely on the right track in saying that what you perceive changes according to how you perceive it. And yes, you are going to find things are not any longer quite as solid as you thought they might be.

Q18: So we literally have the ability to materialize and dematerialize items which we think are solid?

LBs: Oh, absolutely! That is possible.

Q19: Is that what Jesus did?

LBs: Yes, to an extent. You also must remember that many times . . . It is much like Sai Baba, if you are familiar. That is a more current one that actually, if you want to . . .

Q20: But he has conscious control of it.

LBs: Yes, that is correct. He has reached the point where he is able to control his environment to the degree that he can actually manifest a physical object or move that object from one place to another by materializing and dematerializing. It is not a great secret, but it is a matter of being able to have . . . to be able to be of such vibrational level that you understand the--

Q21: That it's all illusion anyway.

LBs: Yes, and [understand] the way that the earth plane works and its density.

Q22: But his illusion is our illusion, because we're aware of it. We're aware of his changes.

LBs: Only because he allows that. In other words, when he manifests, he manifests for you to be able to see it.

Q23: He doesn't manifest what we would term "living beings"--cats, dogs, and people--move them around, does he?

LBs: No, no, that's an entirely different thing. But he does, he is able to, as you would call it, "dematerialize," and appear somewhere else.

Q24: Forgive my selfish question but something happened inadvertently today to me. Will it cause me to lose my job?

LBs: We see that you are at a fork, and one part of you wants that to happen and one part of you is very fearful for that. And so, it will be to your advantage this evening, before you go to bed, to unify yourself so that you are no longer ego and soul in conflict. And once that can happen, then you will be able to manifest what will be best for you in that respect. And even though you think that that would be extraordinarily detrimental, you may not feel quite the same after you are able to bring the two parts of you together. Do you understand what we are saying?

Q25: I don't know how to bring the ego and soul together.

LBs: But you do understand what we're saying? [Yes] And that is the reason that if you, if your ego walks in in the morning without having that unification, then yes, it's possible that you may not be happy with the result.

Q26: I have such a job that I won't be facing that for a week or two.

LBs: Yes, but what we are saying is if you can unify . . . and an easy way to do that . . . Let us talk about this a little bit, because this is something each of you probably has questioned: How do you unify the soul and the ego? And there are really many ways to do that, but a real simple process is to ask . . . when you have some question in mind, you ask yourself . . . For instance, in your case--let's take your case--how can you unify the soul and the ego when you ask the question, "Do I want to lose my job?" and you feel what chakra that affects?

Q: Okay . . . The solar plexus.

LBs: And so, what is that telling you?

Q: My life force.

LBs: And your will and your, yes, the power point, the part of you that is able to go out and have the power you need; so, yes. And so, what you see happening here is the ego is afraid of losing the job; the fear, because the soul is never afraid. And if you would have felt it in your heart, then it would have been probably coming from a whole different place and losing your job simply would have opened an opportunity for something else. But in your case, it is creating a fear for you, and so, if you can draw that together and pull it up to the heart and to the sixth chakra and realize that even if you do lose your job, you are going to be okay and safe, and you are able to release it, then almost a hundred percent of the time, you don't need to experience it. Do you understand that?

Q27: Release the fear?

LBs: If you can release the fear and pull the soul in, so that you are feeling in your heart and in the sixth, the third eye, that you're safe even if you lose your job, then usually one hundred percent of the time, it is not necessary for you to have the lesson . . . because the lesson is about the fear.

Q28: Right, and about the safety and the trusting?

LBs: Yes.

Q29: The trusting of [...] to take care of me?

LBs: Exactly. Do you understand that? [Yes] So that's bringing the ego and soul together. Does that make sense for you?

Q30: And the fear comes out of having too much attachment?

LBs: The fear comes up . . . The ego is here to protect you. That's what it thinks its job is, is to protect you. And any time something comes up that it feels not protected, there is fear surrounding it. But the soul has no fear. The soul cannot exist with fear; it only exists in love. And so, if you can bring that to the point where you are only feeling love and safety knowing that you are connected to the Source, then you are able to bring that ego and soul together so it works as a unified team. And then most of the time, almost a hundred percent, the lesson is not needed. Do you understand?

Q31: So what happens with the ego then at that point?

LBs: When the ego walks hand in hand with the soul, then it will find a path that is good for both of them so that you are safe but you are also being able to experience joy, not fear. So, your perception changes, and in your change of perception, then reality out here changes also. Do you see?

Q32: Yes. I just keep coming up with "Why am I here?" I can do whatever I want right now. I don't really have a place to go or anything to do.

LBs: That is the most frightening place many times, but the most beautiful place one can ever be.

Q33: I'm not really afraid of it; I'm just not sure . . . I don't know what to do with it except be there in it.

LBs: That is exactly what to do with it--be with it. And once you clear enough of the residues of "ought-tos," and "shoulds" and "possibilities," and are just in the void, as we've explained before, and are ready to take that leap into the abyss, it is amazing then how quickly things happen for you to know what to do. But it takes that emptiness first of not knowing where to go or what to be before you can make that leap. And then, once you can make the stand of you are willing to be that empty vessel, you can be filled very quickly. So you've not quite reached that point but you're very close.

Q34: When you're talking about not knowing what to do, I was wondering if it's time now to put my house on the market. I just can't seem to put the sign up or to call a Realtor. Is it time now to do that?

LBs: Look at your entire surrounded situation and recognize that you have been absolutely in limbo. And so, this will give you the physicality of movement. If you make that step, then other things will follow.

Q: So that's a "yes"?

LBs: Yes.

Q35: I'd like to ask that for myself. I've thought about selling my house for a number of years but just haven't done it. So I'm just wondering, if that would be a nudger for me, why I have that hesitancy.

LBs: Yours is of a different reason than the reason that we just gave the other situation. But it is tied still much to your past and to the memories of the past, and you are still not quite recognizing what you have to offer to the world yet and are not quite willing to open to that. When you have reached the point of recognizing all that you have accumulated in the way of wisdom and knowledge, and how you can share that, you will then find it very easy to make that decision because you will not want the responsibility, because it will take your time and your energy that you will prefer to put somewhere else. So be patient. Give yourself another few months. You will know by Spring.

Q36: When you talk about the past, it reminds me recently, I had the sensation that I was either the window or was at a window, and my mother and my older sister were just passing by, and there was a conversation between the two of them that I could hear. And they were saying, as always, that they don't understand what I'm about (laugh) but that now I seem so happy. Is that a part of my letting-go process or . . .

LBs: Yes, you are still having some difficulty with that dual world of being what you think you should be and what you really want to be at this point in your life. You have, your entire life, been a joyful soul within, but always in the back of your mind you recognized that much of what you wanted to be was not always pleasing to the ones that you cared about. And now you are reaching a point of making a step from even caring about that, in many ways. And so, as we said, you are going to recognize very soon through some various experiences that you have much more to offer than you want to at this point take responsibility for. And once you do recognize that, then you are going to find a joy within you that is going to help you cut some of the past that has held you, kept you from sharing. Does that help at all? ["That makes sense to me."]

Yes. And you will not, of course, have the physical energy necessarily. But what you are going to recognize is that it doesn't require the physical energy to share this amazing mass of knowledge that you have accumulated, and so, you will be able to give this to those that do have the energy. You see? And the gift will be tremendous, if you can see that. [Thank you]

[BREAK]

LBs: Welcome back. And we feel a tremendous shift in energy. There is what we sense as a unification that was not there before, but more than that, there is the energy of what you call "love," an openness that has begun to form in this group. And the more open you become with who you are, and the more you allow your essence to be exposed to those of you that are here, the more you are going to feel this complete acceptance, which is what love really is about. So continue in your work and in your sharing with each other, because you have a lot to present to the community and to the world. And we have been talking to you now for over a year, and you have just taken your first step! Congratulations! [Laughter and clapping from the group]

Q37: We've only just taken the first step? I thought we were a little bit further along than that! [Continued laughter]

LBs: We understand what you are saying and do not mean you are taking your first step in learning, but it is the first time that you truly, as a unified whole, have agreed to, yes, work.

Q38: To utilize it, in other words. Put it into action.

LBs: Correct.

Q39: Why don't you tell us some things that you feel we need to know, instead of just waiting for us to ask direct questions?

LBs: The reason that we do not use that kind of format is really twofold. We are . . . we have come to you for a different reason than many of the other entities that have been received. The channels they have received have been more of a nature of simply talking about what is going on in the world, or more of . . . of explaining or becoming more involved in the . . . the . . . How can we present this? Not so much coming from a teaching perspective as a preaching. Do you understand? In other words, they are more of a telling-you-about, and we come more from the . . . Our whole concept is to take a group of individuals that are open to information and get them to a certain vibrational level where they can see that this information can be then used in a practical manner with the social order of your present earth plane. It is a different purpose. It is not necessarily one to entertain or to preach a lesson, so to speak, although there certainly is a lot that you can take from what we present to you in the form of learning. But what we are more interested in is your absorbing the information, raising your vibrational level, so that you are able to work with your own energies; and then, when you present to others, or are in contact with others, your energy field is such that you are making changes on the earth plane. Do you see that difference?

Q40: Beautiful! So did we do a lot of that in the gate-opening weekend? [Christopher Tims' workshop]

LBs: Yes, indeed! You absolutely did make great progress during that weekend, and there are many of you in many different ways now that are making progress through different paths, different studies, and you are raising your vibrational level, you are changing your energy fields. And as you begin to understand what your energy is all about and how your energy works with others' energy you are going to begin to understand how the world truly can be totally changed starting with you.

Q41: So part of the curriculum that Ray has in his class that he's teaching was just what you described: recognizing others' energies, your energies, and how they work together and-- Is there anything you want to say--and you've got a smile on your face--about that?

LBs: We were just finding it interesting that you do not already see why he came here. He is a very definite part of the whole.

Q42: That's why I brought it up.

LBs: Yes, yes, it is no accident that he has found his way into this group. He has much that he can teach in that area. And there are many of you that are beginning to add to your own repertoire, that are beginning to add to your own information, and your own abilities, and you will begin to share that also. And it can be . . . As you begin to combine energies--and we have expressed before that there is going to be some splitting off of twos and threes to work on particular areas, and then you will come back together and share that with the group. And so, you will be able to accomplish much, much more than you would be able to as individuals.

Q43: How can a small group like this affect things on a grander scale?

LBs: It will start in a smaller way, of course, but the energy that is going to be pooled is going to expand and draw in and expand and draw in and expand. And it will continue much as when you drop a stone into a pond and the ripples go out; it will be that same kind of manifestation. So you do not have to work at being known for what is happening here, because it will just happen.

Q44: It's on an energetic level.

LBs: That is correct. And the one thing that is of utmost importance and you must understand on a moment-to-moment basis as long as you are on this planet, because you have reached that certain vibrational level, is that the ego and the soul must work in unison and the ego must not begin to believe that it is special and that it can step forward and do great things, because that is not what this is about. It is about combining energy and moving forward in a way that you can reach many, many of those who are open to hear, through your energies and through what you learn about energies. Do you understand? ["Yes, thank you."]

Q45: Speaking of egos, my ego has a situation where I found the disfavor of an acquaintance. She is becoming a person who is like a mirror to me in that she's teaching me more about myself than anyone else, because she's bringing up these feelings of unease and stress and anger. I did do some work on that, especially today, and felt like I had made some breakthrough. But I shared it with her, and my question is, did I share it with her to benefit me, or did I share it with her because I was trying to make a bridge?

LBs: There was a little bit of your wanting to smooth things over because you want things to be more comfortable, but there was also that little bit of that ego that wanted to be right, to be able to have a reason for what you were feeling. And that is something that is difficult at times when one is dealing with the mirror, as you saw it: it's difficult sometimes not to want to be right about a situation or to be able to say, "You see? I figured all this out." So that was the part of the ego that was stepping in there. So it was a little combination of both. Do not be too concerned about that because you are a mirror for her also.

Q46: We are in a relationship that is very beneficial then, it sounds like.

LBs: Yes. Any time--and this is a hard one for most entities to recognize--but any time you find yourself uncomfortable with someone, you should give thanks for that person being in your field, because that is where you can have your greatest lesson, if you are willing to recognize what that person is mirroring for you or what you are judging about that person, if it is not a direct mirror.

Q47: Looking at what happened with the exchange of emotions between the two of us, I used some information from Byron Katie's book, and I found that the four questions and the turnaround that she offered in her teachings was such an eye-opening and heart-opening experience that I'm wondering if I should pursue learning more about her . . . her truth.

LBs: She has done what many that have gone through--and she has had much happen in her life that has caused her to reach this enlightened state of understanding the simplicity of what life is really about on the earth plane, and so, those questions that she asks are valid and they simplify and strip away so much of the frills that we involve in the complex complications of words. And she makes it very simple.

Q48: She talks about what hurts and what doesn't.

LBs: She does an excellent job in simplifying. And the more you study, the more you're going to find that those who truly have found a lot of . . . have found the answer to the way of feeling on the earth plane with issues, they are going to be able to present it in a very simple way, a way that is not complex. Because it is much as someone was pointing out, there are not a lot of new ideas for presentation. There are really only a couple of things that you need to really look at. One of them is letting go of fear, being able to see that the fear is what drives you. And the other is being open to love and allowing that to be what makes your decisions. So it's all that simple, and most of her questions are surrounded by that kind of truth.

Q49: I had a dream where there was an eclipse of the sun. And I took this as personal information to me, knowing that I was going to go through a difficult winter yet there was sunshine on the other side of the darkness. Is this a correct assumption or should I look further?

LBs: We've spoken to you before about how you are standing on the edge. It's the same kind of analogy. Because once the eclipse passes, then the brightness seems greater than ever, does it not? ["Yes it does."] And so, it's the same kind of thing. And yes, you are correct; you are in the winter of your experience right now. And once you make that final step, you'll begin to see the spring peeking through; you'll begin to see the leaves budding. ["Ok, thank you."]

Q50: My dreams are sort of confusing me. I am used to having, about three o'clock in the morning, lessons. And they've kind of gone, but I'm getting other kinds of information, and I don't really know how to interpret it.

LBs: You also--there are many of you here that are experiencing some real changes, some real shifts in your perceptions and in the way you are receiving information. And you did get, as you said, many lessons in your dream state, and you still are getting information, but you have removed a couple of layers of . . . you do not have the same need for symbology, and so your dreams are a little bit more confusing to you because they are less symbolic and more of the immediate message. Does that make sense to you?

Q51: Yes, but are they true messages? I'm confused by them.

LBs: One of the things that you can do, again, is to take the dream and the contents and, of course, interpret those dreams as each of those pieces of the dream are a part of you, especially the people or the live things in the dream. And then play that dream and see what chakra, what energy center, it stimulates and you'll begin to be able to see what area, then, of your life this dream pertains to. And we think that will be helpful in your interpretation then. Because when you start figuring out what energy level you're working on, then you'll be able to see exactly how the interpretation can fit into your understanding. ["That helps a lot."]

Q52: Are dreams always meaningful? I've heard that a lot of times people have what one calls "junk" dreams which are just sort of silly parodies of what's going on. If they're really supposed to mean something to you, do you remember them? How can you remember them? I have a hard time remembering them. I'll think of them, and if I don't write them down immediately, they're gone forever.

LBs: This is true. You do need to make conscious choice to remember dreams. An easy way, a very simple way, is to drink a glass of water right before you go to bed, and while you're

drinking the water tell yourself you are going to remember that dream, or to remember your dreams.

Q53: If it's important, right?

LBs: Just to remember your dreams, because you really can't decide yourself at a conscious level what is important and what is not important. What may seem to be a most unimportant dream may have a very, very vital message for you, and you may ignore it because it seems so simple. So don't tell yourself "important dreams," but to remember all of your dreams. And then keep a pad beside your bed and the moment you awake--or a tape recorder, whichever is most comfortable for you. The minute you awake, immediately transcribe the dream, because it is so easy then for your mind to shift and that part of you that is open in that . . . coming out of the dream state, immediately you go into a different level. And once that happens, the forgetfulness happens. So you need to write it down immediately.

But back to your question, there are several types of dreams. There are dreams which are absolutely precognitive, which are foretelling what may be going to happen, but most of your dreams are your way of working out psychological issues of one kind or another, to help you understand and work through various things that are obstacles to your growth.

Q54: If the higher self or the soul wants to give the information in a dream to help me work something out, why doesn't it just print out a sheet of paper and present it to me? You know what I'm saying? Why all the subterfuge, all the symbology, the mystery?

LBs: It's the same reason that fairy tales were invented for children: to learn moral lessons. Because you are at a point where most of the time if you were given the absolute truth handed to you, you would turn away, because that seems to be the human nature, not to want to hear. But you will accept it as a fairy tale.

Q55: The ego, in other words, gets in the way. It filters it.

LBs: That is correct.

Q56: Otherwise, it would be pretty straightforward?

LBs: And the more your vibration arises, the more you open to the Source, and the more your essence becomes clearer, the less symbology your dreams have and the quicker you are able to understand the message. It ceases to become the mystery that most dreams appear to be to you. But you still will use some symbology for a simple reason. For instance, if you are trying to learn the female side of you, you're not going to see yourself as a female. So you will choose someone who is symbolic of that female part of you because it's easier for you to understand it that way. If you saw yourself in the dream dressed as a female, you would immediately turn away from the idea. Do you see? [Group laughter] As you get closer to the Source, you will not need to have symbology, because you will have a knowing. And it will not have to come through the dream state. It will come through you just by knowing. The part of you that is the ego is able to accept the energy more--as you say, the energy of that experience--more when it is not challenged as being that energy. Does that help what you're saying? ["Yes"]

Q57: Are the dreams becoming stronger and more vivid? I've noticed in the last year or so, I'm dreaming almost every night and the dreams are very, very vivid. It's almost like reality.

LBs: You will go through stages where you will have many more dreams and they will be more vivid as you are trying to get messages through to you. It could be very important to you, these vivid dreams you remember and begin to understand what you're being told in the dreams, because as you reach certain levels of growth, and especially on your spiritual path, many times you can get messages in the dream state before you are able to receive directly. And so, it would be important for you to note your dreams, not just ignore them as being something of a vivid fairy tale, but recognize that they do carry some good messages for you. And work with that.

Q58: I've also noticed that in the dreams, the emotional aspect of the dreams, especially fear, has dissipated quite a bit, and the dreams have become more vivid. I can see more detail in the dreams, to experience more aspects of it.

LBs: And we will not get into this because this is a very long discussion that could take an entire evening, and something that many of you may want to explore a little bit, but many of you are already doing some travel, dream travel, so that is not the same kind of thing as dream symbology, to teach you something. You are actually experiencing.

Q59: Like lucid dreaming?

LBs: Yes.

Q60: When you speak of "travel," do you speak of time, or dimension, or both?

LBs: We are speaking of when you, as she said, recognize that you are not just of the physical, but that you are capable of moving beyond the physical and still experiencing.

Q61: I read of a woman who had a vision where four pair of four people were doing something together with a masculine energy and a feminine energy on both sides of a square, and they were focused in the center. She didn't know why there was the number sixteen except that that was a very powerful number of people focusing in the same way. Can you give any more insight on what that's about?

LBs: There is much that we could get into there in symbology and the whole concept of that combining of the male and female energy, and by combining it in forces of more than one or two magnifies that energy many, many times over. And that is basically what she was experiencing in that is how that manifests itself in that magnification, by joining those energies of male and female. And this is something that we want to work with you on more in this group also, because until you are able, as individuals, to recognize the male-female part of you--and much as your ego and your soul needs to work as a team, that male-female needs to work as a team also, one not overriding the other; becoming a unified being. And then you are able to combine an energy that is far greater than when one or the other is occupying most of your energy. So, what she was recognizing there was truly one being that had expanded the energies, and she saw that multiplication.

Q62: Let me ask a quick question for Joyce. Earlier this week, we believe she had a very strong, violent reaction to lettuce. Is this a continuation . . . is she allergic to lettuce, like she was early in her life? Was lettuce the cause of that, because it was organic lettuce, hydroponic lettuce? I don't think there was anything on it.

LBs: This is something that many are going to start experiencing also as they begin to, as their bodies begin to actually change cellularly. And in that particular case, it was what the

lettuce was grown with that was incompatible with her system. And you are going to find that things that are genetically engineered are going to affect many of you, and you are also going to find that if you continue to ingest things with dyes and preservatives and things that are not of a natural nature for your bodies, you are going to expel it many times, because your bodies are going to feel the sensitivity enough that it's going to reject anything that is going to not be good for the cellular tissues.

Q63: This is going to be predominant for everyone as the vibration increases is what you're saying?

LBs: That is correct. And especially those that are raising their consciousness and are becoming aware of what they are ingesting, so they are beginning to eliminate things that are not of benefit to the physical body. And the more they do that, and the more that they also feed their thought processes in the same way, keep their thought processes of a nature that is not bringing in garbage, so to speak, then they are going to be continually raising their vibration. And once they do that, they are going to find that they will simply reject what their bodies will know to reject what is not of benefit. And that should not necessarily be too disturbing. So you'll learn to avoid things that your body doesn't like any longer, because your body is telling you that this is not what you want to live within you.

Q64: So, is it a good idea to use a pendulum or kinesiology to test things for yourself before you eat them or drink them?

LBs: Especially if you've had experiences that are not to your liking, yes.

Q65: I'm wondering about the spirit realm and where you are. And the reason that I ask that is my mother passed on ten or eleven years ago, and sometimes I can feel her presence, and also my grandmother's presence; but then I also believe that they would have probably moved on into another body or into another life, and I'm trying to reconcile whether they are still "out there" and able to communicate with me, or if they've gotten to a place where they can't communicate with me anymore.

LBs: First, let us say that your question is very appropriate and we wish that we had an hour to spend with you on that [Group laughter], because there is much that we can say and explain. And we have, in the past, gotten into much of what you are asking, and perhaps you can receive some of that information at a later time, since we do not have a long time span. But let us try to explain as simply as we can that what you are experiencing is the energy of those that you bonded with, that your energies melded when you were together in the physical sense. And so, those energies are able to continue visiting with you, joining with you. Even if they have incarnated, they are still able, at an energetic level, to be able to communicate with you. Does that make any sense to you at all? ["It does"] Just because they may have incarnated does not mean that you have lost the ability to communicate energetically. And once you can grasp that, you will begin to understand then when we say that it is a unified whole. Only your decision to separate, to make it separate, is so.

Q66: So then, we are all able to communicate in ways with other beings and we're not really aware that we are able to do that?

LBs: Absolutely! And all of you have your own guides, your own energies that have been with you since you incarnated, that you can pull from. Information can come to you just as it comes through this entity, but you must be willing to hear. And sometimes, due to your fears or due to your inability to want to open to the hearing or simply because you're not yet at the place where

it is of benefit to you, or that your soul wants that experience--whatever the reason--you may not hear. But it doesn't mean they are not speaking to you in subtle ways, guiding you in subtle ways, such as you may come to a corner and all of a sudden realize you must look to the left before you pull out, and it keeps you from being hit by another car. And you don't really know what made you turn and look. Do you see? ["I do"] That information is all around you at all times, but it's just that many times you're not tuned in. It's much as we have explained before: you just haven't tuned in to the radio station, but the signal is there.

Q67: A teacher was recently found dead. A lot of his friends and family are still dealing with a lot of heaviness about his passing. I'm going to be working with his son that's left behind, and the mother, and I'm feeling some unease about that. Is there something I'm unaware of that can help bring some healing to this situation?

LBs: If you can go in with your energy being completely open and share with them that he is able to share his energy still with you--and they are at a point right now where you will not be verbally able to say anything particularly that is going to be able to heal the wounds that are there, but what you can do is, through your consciousness, go in with an energy of loving openness and allow the energy from the outside to come in, and that will be a healing without any words being spoken.

Q68: I sent her a note, and I told her that we could still love him even though he's not here, and that love will find him.

LBs: Yes. And that is one of the things that everyone sometimes forgets is that what we put out energetically, from the plane that has no denseness of body, is always there for those of you who are in a body, but you must be open to that. And it does--again this gets into such a long discussion, and we really can't expand on it this evening, but again it goes back to what we have tried to explain all along about the unification of Spirit. When one transitions from a physical body, it is then a part of the whole again in a way that is very . . . expansive. And so, you can pull from that energy and you don't have to necessarily feel that it just is that particular soul, because that particular soul may have joined a group energy, so to speak, but you can pull from that and get great comfort from that.

Moderator: Okay. Thank you, Light Beings. Is there anything you would like to say in closing here? We're going to have to wrap it up.

LBs: Just that we are very pleased with what you are working toward, and we look forward to working with you more now in some specific ways that you can use energy. So we would love for you to be thinking of questions and ways that we can give you information to move you forward in that area. [Group thanks]

LBs: Thank you and good night.

[End of session]

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