

Light Beings: We welcome you, and the energy tonight is much more cohesive than many times. It does not feel as scattered. So many of you must be finding yourself beginning to be more at ease with the shift, and more at ease with the information that you have received, and beginning to understand more of who you are, and are more comfortable with it, because we do not feel as much of the scattered energy, although there are a few pockets of it. But there is much more of a smoothness to you tonight. If you would like, we are open for questions now. We do not think we have ever heard you quite so quiet.

Question #1: Something happened to me this morning for the first time. I was feeling the energy of the elementals, or some of them. The first experience was of the metal and then of the wood. Is that a need in my own physical body because it certainly felt wonderful? I'd just like to know more about the elementals.

LBs: Yes. This is an area that each of you is becoming more open to flowing with. What you call the elementals is more of the energy of the earth plane and of the... some of you might even call them spirits of the certain elements of the wood or the metal, or the air, or all of the different elements that you name and feel a part of. These energies have always been present on the earth plane and in the long past, when the entities on the planet were much more in tune with the earth itself, they made themselves much more known, and the energies were much more apparent. And then, as your planet began to shift somewhat with each of the, should we say, different energy levels, becoming more and more distant from the human, it became less and less of an experience for you because you had shut off these energies that could have been available to you all along, as you became more, as you thought, evolutionized. Truly what had happened was you shut off the ability to be able to be in touch with these different energies of the earth plane. And now as you begin to open again and to remember who you truly are, remember what your essence is about, you are going to be able to once again become much more in touch with some of the elements such as, as you said today, your wood, your metal. Even the earth, the fire, the air, you will be able to actually communicate more with those energies. And of course, the communication will be that of – it is very difficult to explain, what you will receive, because it is so foreign to the way that most of you think at this time. But the more you get into being open to these different energies...

Q2: But I think they work on different parts of my body.

LBs: That is because of, as you said, your need. But what you can do – and of course there are many of your cultures that are more in tune already with the elements than you are here in your country. Most of your eastern and your oriental cultures are much more in tune than you are. But what it is actually doing is connecting you more with the earth plane. And so, in your particular case, you have a need at this time to be more grounded and to have more structure and so, of course, you would be able then to receive that from these elements. Does that help? [Yes] But it is very possible for any of you to begin to call on the elements, or the spirit if you are not aware of it. Each tree has an energy of its own. Everything on the planet has its own energy. And when you become balanced, you can communicate with this energy and you can receive from those energies. So it is very important that you are aware that you are not separated from, but are a part of these energies.

Q3: When you mentioned the trees, I said along with that, that I was experiencing the birch tree.

LBs: Yes. That goes with your wood. And so that is a very grounding energy. Many of you, as you begin to open, are going to feel at times disjointed, disconnected. And one of the best ways

in the world to ground yourself is to walk in a wooded area, but to be aware of the energies of the trees themselves. And you can begin to actually communicate as you begin to learn more and more about your own energy. And learn much from those trees. At this time this may sound very foreign to some of you. Just put it away and eventually you will understand it in greater depth.

Q4: I have a question about spontaneous healing. I wondered if you could describe for me what actually happens on the physical plane when there's a diseased condition one day, and literally the next day it is gone. This happened with a cat. Does the animal vibrate at another level where the disease doesn't exist or...?

LBs: If you are trying to explain it in a scientific way you are going to have difficulty. If you can accept that there is much more – how can we explain this in a simplified manner? There is never a reason why any illness cannot immediately be - the condition can be remedied. It is very difficult to explain this, as we said, in a scientific manner. But there are actually simply cellular shifts. And more and more information is going to come out scientifically about what happens in the spaces, because you have much more space within you than you do actual molecules of actual cells. And so the vibration, as you said, it's not exactly that a vibration happens, but there is a – it gets very difficult to explain in words even – It's like a time warp so to speak. It is more or less like a time warp, yes, a going back to where – to the healthy state, before the disease actually started.

Q5: Would it be like choosing that probability? In any moment there would be an infinite number of possibilities or probabilities, and just shifting your attention to another place?

LBs: Except it's not really a conscious thing. It is more at a soul level, where a soul makes a decision that it no longer needs that lesson. It no longer needs that experience. And it's much as what happens – and this is still again very difficult to explain in a scientific way – but they are now recognizing that when one heals something in the present, it literally heals both the past and even heals sometimes a generation that is not even-. In other words, if a child is healed, it also heals the parent. And it is not known how this happens. It's only known that it does happen. It's the same kind of thing – it's adjusting time so to speak.

Q6: Compressing time is what I've heard.

LBs: That is – it is more of a shifting of time. It's almost like...an instant déjà vu that you are having which is, again, you are getting a glimpse of a time that has not yet happened. It is very difficult to explain that in scientific terms. But if you can accept that it is a shift that happens. But it is from a soul level.

Q7: So the soul makes the decision, I understand that. But does the physical body shift in time?

LBs: Yes.

Q8: Would this physical body have to shift back to a time where the beginning of the disease was occurring?

LB: Yes, it shifts to the healthy state it was in, yes, before. It doesn't need to know that disease any longer. Because disease is never – and again we walk very lightly with this because we don't want someone to misunderstand us when we say that one chooses a

disease, because then that gets into the element of guilt and “why did I do this” and that’s not what we are trying to make you understand. But at a soul level, there is never anything that happens that is not – it is a dance that is done intentionally. And so, when the soul has reached a certain level of understanding and it no longer needs a particular situation, it has the ability to instantly change it. So that is, many times, what you think of as a miracle. Even if it is a manifestation, it is that same kind of thing when one can manifest a physical object, or be in another place instantaneously as some avatars have been able to do. It’s that they are able to recognize that the body is certainly not a solid object, and it can shift very easily and quickly.

Q9: In a book that Stephen Harrison has written called “Do Nothing”, he talks about quantum physics: “it is the beginning of a description of a world in which consciousness effects reality, where the change in one’s point in the universe, changes the entire universe, where reality itself is not in existence without the contact with consciousness.”

LBs: Yes, and that’s very much what we are trying to explain here to a degree, it is that once the soul recognizes the need is no longer there, it can instantly shift. You are what you are perceiving, in other words. What you are perceiving is your reality and you change your perception. And we have talked about this many times, especially those that have in their past perceived as a child in a certain way. And if you change your perception of what happened to you, the entire reality of it changes. It’s the same kind of thing...

Q10: It’s like you are no longer attached like Velcro. The Velcro is ripped apart so to speak and it dissolves.

LBs: Yes. Your consciousness is really all that really dictates what your reality is.

Q11: I guess the opportunity for me here lately, on a personal level, has been the struggle with my creative forces and my need for security.

LBs: If you could go around this room [Group laughter] because that is what the consciousness has now reached the point on the planet that these are the issues that all of you are working with. So it is not something unique that you are dealing with. It’s just that each individual has a different approach to working with those issues. Do you understand? [Yes] So what you may see is people’s idea and perception of what security is.

Q12: I think we are seeing that played out on the world stage right now. (LBs, “Yes”) There’s talk about a war of choice. I feel security is very much at play in people’s behaviors – especially our leadership.

LBs: What you are going to see in the near future, both with the government and large corporations, is that what they perceive as security is not necessarily what the general population is going to begin to see as security. There are going to be very diverse sides of what security is, because many are beginning to recognize that security does not come from their jobs or from their government. That’s a whole different way of viewing life now. And so, you are going to see some real massive changes in the way the government structure is built and the way corporations are managed in the next 20, 30 years because of that perception change, because security is a major issue. But as one raises one’s consciousness the idea of security becomes much less important, because one begins to recognize in consciousness that security is only something that you develop from within. It has absolutely nothing to do with the business of the planet.

Q13: And it's also in each moment of now?

LBs: That is correct. So the more you raise your consciousness, the more you become secure within and secure without, your perception totally changes.

Q14a: But in the mean time we've got to watch it all being played out in a negative way?

Q14b: You don't have to watch. However it is a situation in which there is a lot of volatility.

LBs: You live in a planet of duality. That was the game that you chose to play this time. And so there will always be pockets, areas where one can play the game of what you perceive as negative. But you do not have to participate in that if you do not want to. It does not have to be your game or drama. So it is a matter, again, of conscious choice, of what you decide to participate in and how you decide to play out your drama. Now, you may have made the decision before you entered the planet this time to participate, to see what kind of game that is going to be. But you do not have to do that, and you can always change your mind. And as she was talking about instant healing, the moment that you release fear, there is no longer a need for security. It is only when one is still tied to fear that security is an issue.

Q15a: But we are in the back seat of this car that is being driven by our administration.

Q15b: I'm not in that car.

LBs: That is correct. You do not have to be, ever be a passenger if you do not want to be.

Q16: I find comfort in the UN. I am listening very carefully to ambassadors who are speaking their country's wisdom from many voices around the world. I find it inspiring, and I find that it is easy to position my thinking toward that. But I am not naïve enough to attach myself to any particular outcome at this point.

LBs: In every country there are individuals who have raised their consciousness and who are living in a totally different kind of drama than those who have made the choices to play out the duality in a different way, in a darker way. So what you may not understand is that you are only listening, or hearing, or seeing very much those that are into the – there are many reasons why one brings themselves to the point of recognition that many of these people you are listening to have come. But unfortunately, a lot of times, the reason for these entities to be in the position they are in is because of power, or because of fear, or for several other reasons that they have been brought to that particular position. So you are not always going to hear actually – how can we say this without, because we certainly do not want to build fear within you, but the wisest thing you can possibly do for your own being is to have peace within yourself and trust that peace. Concern not yourself so much with anything, but making sure that you are peace. And if you can do that, it will not matter what goes on around you. You will be able to work within that situation. Do you understand? Then if you can understand that, then, yes, you've got a lot of drama going on right now. And of course, many of you would prefer seeing it play out in a different way. But there are many that have a need to experience certain avenues and certain ways of both dark and light. And it is not for any one individual to condemn, or not condemn that, because each of you have been in a similar setting at one time or another in your incarnating, where you also had to make some choices between dark and light.

Q17: If I dwell a lot on the negativity that the media thrusts at me all the time, they can put me in fear, they can put me into regret. And I cannot simultaneously feel happy and loving and fearful at the same time. So if I choose to dwell upon the negativity coming through the tube, or the papers and it's an issue that I cannot personally do anything about, then I'm sabotaging

myself because I cannot feel and focus on things that I have control over and can feel free and happy about. It stops me.

LBs: It's something even more important that, perhaps, you have not recognized. Emotions are an energy. That actually, every thought is an energy that moves out into your planet, so that is why we say if you can be peace, you are going to do a greater good for the world than anything else you can do, because when you get into that fear mode, your thought patterns become fearful and you are sending out the energy of fear which simply feeds more and more to what you are trying to avoid. So it is very important that you consciously choose your thoughts, especially in the time that you are living in now. And the more of you that can be peace within yourselves, the more of you that can exude love instead of fear – and you are absolutely right; one cannot have both simultaneously within your emotions. You are either in fear or you are in love. One or the other, but you cannot have both. So it is entirely your choice at all times for you to consciously make – the choice to remain in peace. You are helping the planet more than you could ever do in any other capacity. Does that make sense to you? Do you understand? [Yes]

Q18: In the past couple of weeks I've been having some difficulties with people, events and situations. I've also found myself watching a lot of news and reading about things that our government does that we probably wouldn't approve of. I got into this whole conflicted thing with people and I couldn't figure out where this was coming from. And finally the thought hit me that maybe there is a war energy out there, and there is a peace energy out there, and I think that's kind of what you are eluding to, right?

LBs: Absolutely.

Q19: And I felt that energy. I was in the war energy, and I was being very confrontational and irritable. Then I became aware of what was going on. I was sensing that energy and I was caught up in it pretty much. So I tried to center myself and move back into being peace.

LBs: Yes, you are going to find a lot more irritability, and a lot of things happening now that are going to create more chaos because of the energies that are being permeated, because of people's thought patterns. There are many, many people that spend a good portion of their day allowing other people's thoughts to control them, other people's ideas to control them. They are not consciously controlling their own thoughts.

Q20: So would coming in with the gold light be especially helpful in those situations?

LBs: Yes, it would be very helpful.

Q21: Is there anything else that I could be doing, because sometimes I picture myself with the gold light and it doesn't feel like it is working. I'm still feeling all tripped out. So is that just a little game I'm playing with myself in my head?

LBs: This is one of the things we are going to want to work with you more and more on is recognizing your ability to completely change your energy, and as soon as you recognize that ability to change your own energy, then you are going to begin to understand how you can affect others. And that does not mean manipulate others. That means how you affect others by your own energies, the way that you are expressing your energies. And so, what is happening when you surround yourself in gold light is you are not truly believing that you have choices, you are not believing that you have the ability to make a conscious change in your energy.

Q22: Would it be helpful to focus on the heart?

LBs: That does help. Yes, that does help. And in doing so, also, what helps more than anything is when you are feeling the agitation, the fear, the scare – after you have perhaps seen something on television, or heard something on the radio, or spoken to someone and you get into that fear mode, stop and be absolutely quiet and see where you are feeling it in your body. And you are going to find that it is in your power center. Anytime you feel fear, you are going to feel it in your power center. And so literally put your hands on that part of your anatomy and focus on relaxing that third chakra. And that will help you focus then on changing your thought patterns. And then surround yourself in the gold light. Because what actually happens many times is first your mind feels the fear, it sends through the fear, the body then tenses and the flight or fight kicks in. And that can happen even in small ways. When you hear anything that is of a disturbing nature and you absorb it, then you are putting your body in the mode of being on the defensive. Do you understand? So that's why it is so important that you recognize your ability to raise your consciousness to the point that you can choose your thoughts and then you can choose thoughts of peace.

Q23: Is it useful for me to imagine I'm the President and acting in ways I would like to see implemented, or is that a pointless gesture?

LBs: If that gives you a comfortable feeling, it's certainly better than some other thoughts you might have. Ideally, if you could just simply think of the president as another human being and just believe that he is going to make the best conscious choices he can. But you cannot have any real attachment to the outcome of his choices, any more than you can with your best friend, or your mate, or your child. You love them, but you must give them the respect of choosing their own thoughts. And sometimes the thoughts aren't to your liking.

Q24: I've gotten very close to an Iranian family. And I find that when I'm with them I always have a sense of love. And their families are probably more loving and more caring to others than most of us are with our families. And I'm finding in all this turmoil and everybody being upset all the time, I find peace by being with those families.

LBs: Yes. And what you are really saying again is what we have been trying to help each of you understand since the very beginning, is there is no separateness. And eventually, if you raise your consciousness enough, you will recognize that no matter who you encounter, whether they are Iranian or Iraqi, or whether they are Chinese, or whether they are African, they have the same hopes and dreams that any entity does when they come onto the planet, when they incarnate. And the cultures may be a little bit different, but the basic flow of the human element is the same worldwide. And it is as we said; those that rise enough that they are heard are usually coming from fear or power, not usually from a place of love. But there are many, many in each country that are coming from the same place you are and are hoping for the same thing you are. And if there are enough of you, and you choose your thoughts wisely, it can truly make a huge shift on the planet. But it must come from within each of you. It's not something you are going to do from the outside. Build your world with peace. And what you bring into your world, make sure that it is of such of a nature that it gives you peace. Does that help?

Moderator: Yes. Unfortunately, we are going to take a break now. We can continue with this after that. Thank you.

[Break]

LBs: Welcome back. And would you like to continue on your discussion that you were very involved with concerning your perception of peace and what peace is about on the earth plane? Do you have other questions in that area?

Q25: I think we are at peace with that.

LBs: Very good. We would like to expand just a little bit on helping you to perhaps think a little bit differently about conflict. When you think of your life, be very aware of the conflicts that you might have had in your own life and what you have learned from those conflicts. And do you recognize that you created certain scenarios, not perhaps in a conscious way, but something within you created these scenarios so that you could learn certain things? And so why do you think you have the right to deprive others of that same kind of choice. Do you see? So what you must concern yourself, as we said, is where you are, and what you are about, and what your essence is, and what do you want to surround yourself with? What do you want in your world? And if you create the peace that you proclaim you want in your own world, then it will expand out and those that you come in contact with will be very affected by that peace and then they expand out and that will continue. So it is very, very important that you understand that what you find yourself in – whether it be fear or whether it be love – can be changed by conscious thought. And by changing it, you change your reality. And as long as you can understand that concept, then you will be able to make the changes that you want to see happen outside of you. Any questions in that area?

Q26: Emotions are the things that really cause the conflict, your heart and your head in conflict. And it is not about not feeling things, or repression. If you make the heart coherent and you make the heart strong then the brain will entrain to the heart. And this is what I think happens in changing your emotional state.

LBs: That is correct and it is no different than making a choice of turning right or turning left. It's a choice. It's not suppression. You are exactly right in that. You can be very sure than any time you have an emotional reaction to something you are not in the present. You can be sure of that.

Q27: And is it not true that emotions are almost primarily from the mind, because they are reactions?

LBs: Emotions are from your perception of what happened to you in the past, and so, you are reacting, you are pulling from that information. That is why we say an emotional reaction is never of the present.

Q28: You are attaching to a thought?

LBs: You are attaching to what you believe was an experience. And you are behaving in such a manner emotionally that you are simply following a program that you programmed maybe when you were two years old, or six months, or five years old. And you are still behaving as though that was reality. Do you grasp that concept? So when you bring that to your consciousness, and make a decision about it from that point, then you are able to make a different – you are being able to perceive it in a different way and reprogram so to speak.

Q29: But it's not a state that we have to try to get to. We are already there?

LBs: Absolutely.

Q30: You just have to be aware of your thoughts in order to make that shift.

LBs: That is correct. Most entities are in such a fog that they truly do not – are not conscious of the thoughts that go through their mind. They are not conscious of the thoughts that drive them every day. Until you can reach that point of being willing to look at your thoughts, and recognize your thoughts for what they are, then you are not going to be able to change your emotional state either, because you simply are following a program that you put in place sometime in your past.

Q31: In moving through the ether that we are in, the energies that we emanate affect that ether?

LBs: Absolutely.

Q32: Is it like when you make a marble cake and half the batter is chocolate and half the batter is vanilla, and you put your chocolate in little pockets inside the cake pan, and then you take a knife and swirl it and marble it? Is that like the effect that we as human beings create as we move through the universe? Is it like we are the stick that is moving through the cake batter?

LBs: Um. That's not exactly what happens.

Q33: But we are affecting that space?

LBs: You are definitely affecting the energy around you. So, when you come in contact with other energies your energy is affecting their energy and their energy is affecting you, whether it be a human energy, an animal energy, or a free energy. It doesn't really matter what the energy is, you each affect each other because there is no true separateness. You are all intermeshed with each other in your energies. And even when you sit in this room each of you are truly entering other's energy fields to a degree, so you are always affecting everything that you are coming in contact with.

Q34: You merge?

LBs: It's not exactly merging as much as it is – how do we explain this? It's more of a – this is when we wish we had a drawing board. It is more of a blending, a blending and pulling away. You don't exactly merge and become one.

Q35: I used to relate a lot to color. I was beginning to feel everybody's energy pushing on my chest tonight. And when you were speaking, the colors would go into blues and purples, and there might be a little bit of a yellow. When [another questioner] started talking about the war situation, one whole side of the room got black. And then as we discussed it, and I guess everybody's energy began to get more adapted to what you were talking about, the colors started balancing out. And I haven't seen this for quite a while. That's the way I used to heal, was by color. And I'm experiencing a lot more it tonight with all of you folks. It's affecting me in color patterns and in pressure.

LBs: Yes, and many times energy workers will tell you how you can feel the energy by rubbing your hands and then bringing them together, and you feel that. And it is a type of pressure. But it's not exactly – when you come together, you are not necessarily interfering or invading another's – although you can do that. You can invade another's energy space to a degree, but not if the person does not allow, or does not want you to. So there again is choice. But yes,

many times, if you could see from our perspective, you would both hear and see color as opposed to – that's why we said we wish we had a drawing board, because it is more of a – even when you see auras, the auras are not as you see them in a book where they are completely banded with a special color for each section, or your etheric field, and your mental field is another color. It's not exactly like that. It's more like a tapestry almost, where it's more blended. And it changes constantly according to the emotional state you are in. So you are absolutely right when you saw the color; the energy changes, and so the color changes. Now, you perceived it the way you perceived it because that's how it affected you. Another may not have seen the exact colors, but they would have been similar. But with the blackness you saw, that had more to do with where you do not like to bring those thoughts into your field, so you tended to shut it down at that time. Do you see? ["Right"] So, that's why you ceased seeing through color. If you would have remained a little more open you would have seen it go to more of a darker red perhaps. And each individual has that ability, but some find it much easier to understand energy through color. There are others that understand the energy through sound. And you will feel the sound more than you will the color. And all of that is energy. It's vibration. It's just different levels of vibration.

Q36: Could you expand a little bit about the levels of vibration in reference to color, sound, feel, and being able to feel the energy physically with your hands?

LBs: That is a very broad area to cover. We could talk for many hours on the different areas.

Q37: I guess I'd like a little clarification. Is there a different frequency in operation between feeling the energy with your hands, visualizing color, or hearing a sound vibration? Is one higher than the other? Or are they similar in quality?

LBs: Yes, they are different vibrations. Your color is a more subtle energy, a little bit slower vibration so to speak. And it continues to – as you get into the colors – your slower vibration is your red, and as it moves up to the different colors, your higher vibration is your lavender. And white is your highest vibration, yes. And so that is the color spectrum. And then your sound is another frequency. And of course, that can go from very low frequencies to extraordinarily high frequencies, higher than the human ear can tolerate, or even than an animal can tolerate. And then it gets into the higher frequency, of course, to light. And then of course your thought vibration is of a much higher frequency than your sound or color. It travels at a much faster rate.

Q38: What about actually feeling energy with your physical hands? Where does that fall into this?

LBs: That's of a little bit of a different nature when you are thinking of vibration because the human body vibrates at a lower level. It's a denser level than your sound or your color even. And so you've got a denser vibration. Even your [personal] energy fields are a denser nature than sound or color, which is why the sound and color can penetrate so easily for healing.

Q39: What does it mean that the energy that Joyce channels is from the 6th level? What does that mean?

LBs: That is – when we are asked what area, or what dimension we came from, it's very difficult to really describe, but in your thinking processes, the 6th level are basically – they are not the energies connected with the earth plane in the same way that say your 5th dimension would be, but it still has an interest in, still has some connection with the earth plane, but it is

more of a group energy as opposed to being individualized – much more of a unified or non-separativeness energy. So it's not a personality. It's [personality] not available in the 6th dimension. It's more of a – how can we say – it is more of light, sound and color.

Q40: Just a blending of all of that?

LBs: Yes

Q41: Is the 6th dimension the astral plane?

LBs: No, the astral plane is the closest to the earth plane, and to your etheric field, and to your energy fields, and still has some connection with the earth. And that's why many times when one leaves the body, they may remain in the astral plane for some period of time, because they've not disconnected.

Q42: You've told me many times that you don't come from a polarized viewpoint or experience, which is a dense plane experience. [LBs, "That is correct."] And since you are coming from a non-polarized experience I find it fascinating that from our experience you only project to us that which I would always conclude is of a quality of character that I would polarize as being beneficial, desired, and good. How do you explain that? You don't come across in a bad way.

LBs: That is your idea of what polarization is. You see it is either good, bad. Love or hate. But what you have not yet recognized, and we have told you so many times is that energy is joy; is pure joy and love. That's all that energy is.

Q43: But joy and love have a polarization.

LBs: In its natural state – it's only when you bring it into polarization that you can make it into anything else. And that's because fear then exists. So we are in a natural state of joy, and you perceive that as being good and beneficial.

Q44: And you wouldn't be able to even understand it yourself unless you had aspects of yourselves, like us, thrown down here to experience the other side and to figure it all out, right?

LBs: That's not necessarily true.

Q45: It's just 'different' down here? It's not a 'lower' place?

LBs: That is correct. It is that the natural state of energy is of expansion. It is not one that has – you see you have a judgment about what is good.

Q46: Well, I prefer that it [The LBs] was the way it is. Is that bad?

LBs: Bless you for making our point. [Group Laughter]

Q47: If energy is expansion, does it not also have contraction to it?

LBs: No. Energy continues to continuously expand. It's only when you bring it into the earth plane that you can contract it. And fear does that.

Q48: And that's the polarization?

© 2003 Joyce B. Cary All rights reserved

Channeled Information

LBs: Yes.

Q49: I was just going to ask for some other example that we could relate to in our physical dimension similar to this one that has qualities of duality, because this is a vast universe that we continually create, and so many variations of it. Is there something that's similar but not exactly the same?

LBs: In another dimension, or another universe you are asking?

Q50: I'm leaving it wide open for you to point.

LBs: The greatest duality school is the earth plane. There is no duality when you reach a level of vibration where there is no denseness. So you really do not have that kind of experience once you leave the denseness of the planet. It is a very unique school in that respect.

Q51: So, are we the only planet that does that?

LBs: There have been – and again, if you go back to your linear state, there are other planets that have before, and will in the future, have the same kind of dense experience, yes. But at this particular point in your linear time, you are the only ones that exist in this particular polarity. But that doesn't mean that it hasn't and will-. Do you understand?

Q52: How many dimensions are there? I mean, you've mentioned the 6th and the 5th. What's it like in the 4th dimension, or the 3rd and the 2nd?

LBs: The 4th is more your astral, and of course, your 7th dimension is the Isness, the all-there-is. The part of you that is connected to the source connects to the 7th dimension. Of course, 3rd dimension you are presently living in.

Q53: You said that human beings sometimes go from the 3rd to the 4th dimension when they die.

LBs: To the astral plane.

Q54: To the astral plane when they die. Well, why do they not go to the isness? Or is this the way they have lived their life or what?

LBs: There are sometimes what you perceive as a ghost or a spirit. Sometimes [a person] has not released enough from their need to be a part of the denseness of the planet. So it is desire, truly, that holds them. And they may for many years or centuries not move on if they have left the earth plane with that kind of thought processes.

Q55: Would they reincarnate?

LBs: Not until they have processed what is holding them there. And again that's by choice. They will ultimately move on.

Q56: Can they be assisted?

LBs: Yes, they can be by, again, working with light and energy.

Q57: Well, I meant assisted by people in our dimension, or by their own guides?

LBs: Both, they are assisted in both ways. You can be of great assistance especially when one is transitioning. When one makes the transition, one can be assisted very greatly with those around them, with the energies, by helping to move them straight through into a different dimension so that they can quickly make progress and be able to comprehend what has transpired, and be able to adjust and move on.

Q58: Is cremation of their physical body advantageous in that respect?

LBs: That does not necessarily make a difference. Of course, they are certainly no longer attached to the body. So that can, if one is attached to their body, move them along a little quicker. But if they are truly attached to their body, it could be – and they haven't agreed to cremation, it could be confusing and frustrating to them.

Q59: Is there an appropriate time period to allow for before a cremation takes place?

LBs: It's usually a good idea to wait two to three days to allow the spirit adjustment time.

Q60: So, as you were saying, our auras don't meld, but they affect one another, are you also saying that the different dimensions have that same property then?

LBs: Yes, that is true. In other words, being in the 6th dimension, we are aware of what goes on in the other dimensions, but have our own energies so to speak – vibrations – it really is more of a vibration thing if we can explain it in that way. It's much like you see color. If you relate to that, then the earth plane is red and as you move up, you see the different colors. It's a similar kind of thing in the dimensions. So yes, they don't meld with each other, but they certainly form the complete tapestry. And you worked with auras and so you see, and you probably could explain maybe even better than we, how when you come together with one, it's not a melding, but it's a type of blending where there is a – it's almost like a handshake so to speak. When you shake someone's hand, you are feeling the hand and you are experiencing in the energy surrounding it, but you don't meld with that hand.

Q61: They are interwoven.

LBs: Yes. So it's more of that kind of thing when the energies come together.

Q62: A tapestry.

LBs: Yes, more or less.

Q63: Do you have beliefs?

LBs: That's – to answer very bluntly – no. We do not have beliefs. We have a – how can we explain this?

Q64: A knowing?

LBs: It is a knowing, yes. It is a knowing without any boundaries. And that gets very difficult to explain in your English, because your words alone have boundaries. So what we – and that is why it has been so difficult at times for us to get the information through by coming through

entities – If we can work with one on an energetic level, which we do frequently, it is much easier for the information to become absorbed. Because any time a word is spoken, there is a certain belief around that word, do you see? You have given it a dictionary meaning so to speak. And so should we choose a word inappropriately, a word that half of you look at in one way and half look at in another, then you are going to perceive it in a different way than perhaps the original meaning was to be. So we are very limited when it comes to using words. We are hoping that we can reach a point with you in working with this group that you understand energy well enough that we can start working with you on an energetic level. Where there will be not so much a necessary need for using words, and then that can get rid of much of your belief, as you speak of.

Q65: Ok, now what about your consciousness?

LBs: Consciousness, in the way that we are trying to present it to you, is stripping all of your beliefs that you speak of about what you are, and becoming non-separate from the energies that we are. Is that too vague for you? Does that really confuse the issue, or do you understand what we are saying?

Q66: I think I do. Would you say that you have consciousness that is much more expanded, or basically a consciousness that you relate to everything through?

LBs: If you are speaking of consciousness as a thought process of knowing...["No"] If you are speaking of consciousness as total being, then yes, we are expanded consciousness that way.

Q67: When does belief not make up a significant factor of consciousness?

LBs: Once you can become a part of the total light, then beliefs cease to become any portion of that consciousness. But that is not possible as long as you are in a dense body, because you still do have the ego and personality that insists upon a certain structure, and belief is part of that structure you see. We are not so concerned about your belief as much as we are concerned about how you are working with your energy, which has little to do with belief. But because you have to wrap it in some sort of words for us to communicate to you, then it is almost impossible for you to avoid belief that goes with that. But once you reach a point where you no longer need words; that the communication is one of pure energy, then that's where beliefs cease.

Q68: Do you continually, simultaneously extend the energy in addition to the words, in the exchange of energy with us?

LBs: Yes.

Q69: Do you continuously extend the energy of your understanding in addition to the spoken words?

LBs: The energy is there whether the spoken word is being used or not. Once this group came together, you opened to the acceptance of our energy. And so, each of you have the ability, if you want to at this time, to call on that energy at any time and it's available always. It's just like the energy that you have in your being able to turn your lights on and off. It's a very similar kind of thing. You are the only one that's cutting off your energy from us. Do you understand that?

Q70: You mean we could be receiving help all the time from this energy?

LBs: Absolutely

Q71: And this is the 7th dimension?

LBs: We work in the 6th dimension. But yes, you can do the same with the 7th dimension.

Q72: Back to the question of our beliefs within our physical form; after we have lived our lives for many years, at some point our beliefs are burned off, and they are always changing and evolving. Is what is left faith?

LBs: That's an entirely different discussion. Faith is something that you've come up with – it's a word you've come up with to try to explain what you don't understand. You try to explain it when you make a link and you don't understand – you're just assuming that it's going to be okay; then you are having faith. So it's simply a word that you've come up with to explain something that you don't truly understand. That's not really what we are talking about in this energy that is expanded consciousness.

Q73: Do you want to continue much longer with this discussion like this? Do you want to give us more information because it is getting late?

LBs: We are totally open to whatever questions come into the field.

Q74: Moderator: Yes, could you wrap it up on this discussion then, this topic, because we are about to run out of the tape?

LBs: Yes, what we would really like to end this session with is for you to understand that many times what has limited you is the constant need to put everything in boxes. You've got to know what color the aura of the 5th chakra is. You've got to know what dimension we are from. You've got to know what this entity's name is. You've got to constantly put names and blocks around this. What we are interested in your doing is understanding that everything that you encounter is energy. And you do a dance with this energy, whether it is with us, or whether it is with your dog, or whether it is with a tree in your front yard. And it is up to you how you relate to that energy, and how you work with that energy. **And if you can begin to recognize the powerful tools you can develop by learning what energy is, and how you can work with that energy, then we will have expanded ourselves in the intended manner that originally was the reason for our connecting with you.**

Q75: I've got a quick question. You said we could call on your energy at any time. Are there specific ways that are best for doing that?

LBs: Yes, and it is not just what you call Light Beings, because you had to give us a name, it is the energy that is still connected with the Isness, the all, that is there for you. And the easy way to tap into it is simply to stop, be still, and ask, and the energy will be there.

Q76: Could one become codependent on that?

LBs: Let us answer that. What can happen is that you can recognize that you are not separate from that.

[End of session]

© 2003 Joyce B. Cary All rights reserved

Channeled Information

© 2003 Joyce B. Cary. All rights reserved, except this format of the Light Beings' Group Reading #28 may be printed from <http://www.askthelightbeings.com> for personal use or sharing so long as this notice is attached. Permission is needed for any other reproduction or use.