

Light Beings: Good evening.

Group: Good evening.

LBs: We welcome you and we are pleased to find new energies joining, and we hope that you will be comfortable and be able to participate in the energies that have been here for a while and find the kind of information that comes through to be of benefit to you and to help you understand more about energy, because that is the main focus of what we have been trying to work with those that have been gathering for some time now. So we will be open for questions at this time, and welcome any of you to ask even though it may be a question that has been answered before.

Question #1: Is memory a representation of a situation, or a thought that has not been processed, or is memory a part of the physical being of the human body?

LBs: This is a question that will receive several layers of answers if you really get into it in depth, because memory is not, as it is sometimes thought to be, something that has been remembered. That is what normally what you think of as memory, as something happened to you in the past and you remember it. But what really happens is that you have a perception of what happens to you, and you basically program in your cells that response to what is happening. And that response remains in your cellular memory so to speak. But it is the response to the situation-that is what you perceive as memory. And if you really, as an adult for instance, could go back to when you were 3 years old and have a memory brought to the surface and re-enacted, and you were able to see it as an adult, you would then perhaps recognize many facets of it that were your perception, but not necessarily what really happened. Do you understand? ["Yes"] And so that is why what people think of as memory is really your perception of a situation. And you have filed that away as a reality. And so when something similar happens again, you react to it because of that programming. It is much as a computer. You have programmed a certain perception of a certain situation and that is what you then remember. Does that help?

Q2: Yes it does. If a memory comes up about a situation, as an example that you used at 3 years old, is that situation at 3 years old, the cause and effect of a memory, or a situation from either a past event or another life, or is it created spontaneously in that moment?

LBs: It could be either. When you incarnate you bring with you, in your essence, certain experiences. You have grown in a certain way. You have experienced in a certain way. And so you bring that with you in your incarnation. And so, say you have 3 people that are experiencing the same kind of situation at 3, and each of those 3 people will react differently according to what they brought with them in this lifetime. According to what their essence is. According to what their astrological influence is, and according to what their environment is. So it is very complicated when one starts analyzing why one behaves the way one does. Because it is not just one thing that makes you respond the way you do; its many things. It is what you incarnated with. It is your environment. It is your astrological map that you brought with you. And it is the lessons that you were determined to learn when you came here.

Q3: So whatever I'm feeling isn't necessarily of the present moment. Is it a reflection of things unresolved, or not finished from past experiences?

LBs: What, of course, you are trying to do when you are walking the spiritual path is reach a point of remembering who you are in your essence and not necessarily remembering or coming from the programming that you have done with your experiences. That is living in the present. That is why in all the spiritual teachings it is recommended, or it is part of the teaching many times, that it is extremely important to learn to live in the present. Because when you are coming from these old patterns, these old tapes, it is not necessarily what your essence is. But it is all of these programs, these perceptions that you have allowed to color who you really are. Do you see?

Q4: Some weeks ago, as I was leaving home to come here to a meeting, I got some news that hurt my feelings, and I could feel my energy changing. Emotions started to come up, and I knew I would have to work on it to clear so that it wouldn't affect my experience here in the group, and wouldn't affect anyone else. I tried using the pink and the white light on myself, and I even tried gold, but I could not shift that energy. I was wondering what you would suggest that I could have done.

LBs: Yes, there are a couple of things that would have been helpful to you. Because if you can look back to that moment, you would recognize that you were not able to bring yourself into the present. Any time you react to something strongly, it is because you are not in the present, but are pulling from the past, and are being fearful of the future. You are not in the present, but you are being taken back, or to the future. And so, if you can bring yourself back to the 6th chakra, and concentrate on being there in that 6th chakra. And if you were driving, it would probably be very wise for you to pull off of the road before you try to do this one, but to place both your hands on your 3rd chakra to ground yourself and to recognize/feel your power – to center yourself, because this is where much of your power is. So, to concentrate on the 3rd chakra and the 6th and that brings you back into the present. And once you are in the present, at that time you are able to look at things differently, because it is your being that is able to then see and recognize, as opposed to pulling from your perception. Do you understand? So that can be helpful to you to try that. And that really works much better than using light when you are upset about something that you are reacting strongly to. And then, after you are able to center, the light then can perhaps help you expand that centering and also transmute the energies that you are working with through using the gold.

Q5: In the past, someone created a small replication of the Great Pyramid of Giza in Egypt, which created a very strong similar heartbeat throughout the Great Pyramid including the King's Chamber. Was this set up to transform those that would enter the pyramids, or was it used as a transmitter or an energy source?

LBs: What you are speaking of, they are finding out more and more about, and you are going to find that even more information is going to come from that particular technology, and it was two things. There was power generated from sound and there was also a transformation generated through sound. Many times sound was used in healing and it was used in various methods of – how can we explain this? Sometimes we have difficulty even bringing in the information. Sound – and this particular thing you were speaking of – was to actually send the body to a vibrational level where it physically changed the cellular structure in a way that would help with healing but also help with opening one. So that one was able to have powers that – it was almost like what you are now hearing about with changing the DNA structure. It was of that same sort of thing except it really changed the cellular structure in such a way that one would be more capable of healing powers, of intuitive powers, of being able to transmit thought. And they

used sound for that also. And that particular, as you were calling it, pumping was especially useful in some of that kind of work.

Q6: Does it need to be on that large of a scale to create the same effect in the human body?

LBs: No, and the human body is much more affected by rhythmic sounds at certain hertz than any of the scientists at present are even aware of. But it is part of what is causing a lot of disease in the human body now. Because there is so much energy being transmitted through so many signals from so many different things – from satellites to electricity – to so many different ways of transmission and it is just what you are saying. It is very quiet. You do not hear it. But it is affecting the human body.

Q7: Does frequency need to be felt, or is just hearing a frequency sufficient?

LBs: Just being exposed to it; and you do not necessarily even have to hear it.

Q8: So, you are saying its electromagnetic forces, not only sound waves through the atmosphere?

LBs: That is correct. It is affecting the human body much more than is recognized at this time. That is why it is so necessary for one to spend time, as much as possible, away from the electrical grids, and also out in the forest or in areas that are not too close to some of the electrical systems, especially in the cities. If you can just spend, at least, some time away from them, it is helpful.

Q9: Would our overall health and sleeping be enhanced noticeably if we turned off the power in the house at night so that there is no 60-hertz running around in the walls?

LBs: Of course, that would be helpful, but that is not the only thing that you are being exposed to. So that would be like a band-aid. What is necessary is to align as many tools as you can to help keep yourself balanced, to help counterbalance some of the negative energies that you are having to be exposed to. When we say negative we are talking about energies and of frequencies that are not compatible with the human body.

Q10: From where?

LBs: From many different areas. From your electrical systems, from the satellites, from almost just the noise pollution alone that is in the cities, the noise pollution that you allow in your homes through your televisions, your radios, your multiple electrical appliances. You are constantly being exposed to noises that you have taken for granted, but they are affecting you. And so that is why it is necessary to use other tools to help rebalance.

Q11: Such as?

LBs: Again, you can use color and sound. And there are many ways to use those – through lights, through various ways of using color. And also through using music, the tuning forks that you have been exposed to. Through – even your toning is an excellent way to use your voice and that vibrates a certain frequency within you that helps to rebalance the cells.

Q12: What about meditation?

LBs: Meditation does not rebalance you physically as much as that helps to still the mind. And in doing so it is more of relaxation of the cells. It creates more of a centering, but not necessarily a cellular balance. So it is a little bit different. It is definitely advantageous if you meditate because it helps center you so that you are more susceptible to hearing. But that's more the advantage to your meditation.

Q13: Which colors are particularly beneficial for us now at this time, with so much madness going on, on the planet?

LBs: Well, of course, there are certain colors that are more calming than other colors. But if you are trying to balance, it is usually wise to use at least the seven colors that you normally think of as your chakra colors rather than using just one or two. So there is one technique that is quite simple but can be very beneficial. And that is to start with your root chakra and using the red and visualize the red until you can feel the energy begin to move [uses hands to show how to feel energy]. And once you feel the energy move then move up to the second chakra using orange for the second chakra until again you feel the energy move. And this may take you some practice, but continue up with the yellow for the third chakra and green and blue and then your indigo and whichever is easier for you, your magenta or violet and even white some can visualize. But as you do that you will feel the energy begin to move. And if you want to, those of you who are not used to working with energy and feeling it, a good way to start practicing that is to rub your hands together, pull them apart and then begin to feel with your eyes closed until you can feel like almost a ball in your hand – the energy. And that's what you should feel when you are working with the chakras and if you do not feel one, you then know that chakra is probably closed and needs to be worked with more, and so perhaps it needs more light. And there are many other ways. You can use stained glass and light. You can use colored cloths. There are many, many ways to use balancing and color.

Q14: In my yoga practice and learning there is also a sound that goes with each chakra and if anyone here needs that information, I can give that to them.

LBs: That would be also very helpful if one tones while one is working with the chakras, and if one tones to the sound of that particular chakra. And now you are going to find, in your investigations and your learning, that there are several schools of thought about which sound goes with each chakra. Do not be too concerned about that. Go with what feels right for you. But the one that comes from the East works very well for most people so that would be very beneficial for those that are interested in that to speak with you on that.

Q15: I'm going to shift gears and ask a question out of curiosity. The first time I met a particular member of the group I almost went up and hugged him because he looked so familiar to me. And another member felt the same way when he came in today. How have I known them?

LBs: The first member, of course, has been through many lifetimes of healing and working in the healing arts, as have most of you. There are very few that have attended this group that have not worked together at one time or another – many in the Egyptian and many even in Atlantis when you were working with sound and color. And that is what has brought you back into this particular group. And the second member was a teacher, especially in the Egyptian period, and many of you worked with him.

Q16: Is Krishna part of the overall energy of the energy coming from heaven, or is it specific energy that is bigger than the rest?

LBs: You do tend to ask questions that could take many hours for explanation. But let us say that he is an energy that is of the 7th realm, of the highest order, as are many avatars that have come back on the Earth plane for one purpose and one purpose only, and that is to help open or to bring in a transformative time. So he is a part of that group, much as Buddha, and much as Jesus. So it is much of that same kind of energy that chose to incarnate and to be a part of that particular period of time and open to transforming those that were exposed to him.

[BREAK]

LBs: Welcome back.

Q18: What can I do either individually or perhaps within the group in order to raise or enhance the raising of our vibratory rate?

LBs: That is an excellent question. And there are a multitude of things that we will begin to work with you on and have in the past. And it will be probably of benefit also to those of you who are interested in this same question to receive some of the past readings to get some of that information. One of the ways that you can raise your vibrational rate, as you say, or to raise your consciousness, is to expand your consciousness. And what each individual soul's purpose is, is expansion. That's your main purpose for incarnating, and to learn from the experiences you have will expand you. Whether it is a learning to your liking, or learning perhaps not to your liking, it still expands your soul's experiences and expands your essence. And as you raise your consciousness, your vibrational rate automatically is increased. And one of the ways that you can start being very aware of this and find that it will help with the frequencies, is through being consciously aware of how others' energy affect you, and how you affect the energy of others. And the more conscious you become of this, the more you will be able to raise your own consciousness. As you become more and more aware of the energy that you transmit to others and how that actually affects their own energy fields, and when the energy fields connect, what happens there, what kind of interaction – the more conscious you become of that, the more you are able to raise your frequency. And a good way to start with that is through using different techniques, such as even your gate opening you experienced this weekend. That within itself raised your vibrational rate somewhat. The thing that you must be aware of, and many of you have experienced, is when you do something that is as a consequence, for instance, of the gate openings, or when you learned the tuning forks, and you use this on a regular basis, and you begin to raise your frequencies, many times you have some cellular adjustments and some psychological adjustments. And you must allow for the time for you to assimilate and make the adjustments. So do not be in such a hurry to raise your frequency too quickly because that can in itself not be comfortable for you. For instance, one who makes the mistake sometimes of using drugs when they are trying to raise the Kundalini can find themselves in a really psychological difficulty. And it can be the similar kind of thing if you use too many techniques, too often, without allowing time for assimilation. But one of the things that you can personally do, because you are already on the path of opening and beginning to recognize how your energy works, is to learn more about the use of sound and the use of color. Because both of these energies are very subtle and both of these energies can truly make a tremendous difference in your vibrational rate, the frequency that you resonate to. So you might want to investigate what works with you best in sound and begin to work with that. And also find out what might appeal to you most in working with color and it may be something as simple as

surrounding yourself more with colors that you resonate personally to and find yourself more comfortable with. And as you begin to experience with various uses of color, you'll begin to feel the difference, vibrationally, of the color itself. And so that within itself will help to increase your frequency. Does that help at all? ["Yes"]

Q19: Is there a difference between expanding your consciousness and expanding your heart?

LBs: Yes there is a difference because when you think of expanding your heart you are in unification with the soul. When you are expanding your consciousness you are also including the ego and personality on the earth plane so that the ego and the soul become teammates as opposed to constantly in conflict with each other, which is what happens many times. So it is more that as you expand your consciousness, you are more open to accepting the entire being of you on the earth plane, which includes the physical body, do you see? And that is both the heart and the soul and the ego and the personality – makes the package. So as you raise your consciousness all of that is involved. So there is some difference there. But you cannot raise your consciousness if the heart is not open.

Q20: Light Beings, can you go back just a little bit to drugs and kundalini because I felt like, not purposely, but the way that I interpreted that was to use drugs will raise your kundalini?

LBs: There are many hallucinogenic drugs, or not just drugs, but even natural methods of using various things that will alter the consciousness and open you so that you truly can expand your consciousness or raise the kundalini, yes. That is possible. But if one is not very, very careful and if the intent is not pure, then they very well can get themselves in some real psychological trouble because it is not a natural way of expanding the consciousness. It is forced. And so one's soul may not be ready for that expansion. And it can create health problems and psychological problems. That is why it is much better for one, if one is working on raising the kundalini, to work with either a Master, or someone that is of very pure intent and is very knowledgeable of the process of that particular method.

Q21: Thank you. It sounded like you were recommending drugs for raising the kundalini...

LBs: No. We were saying that one should be very careful when one goes into an altered state and tries to, in any way, force the raising of the kundalini, or trying to force any part of a spiritual growth without proper instruction, or without someone working with them of pure intent. ["Thank you"]

Q22: How can I discern when emotions and feelings that are surging through me are mine, or when they are another person's, and how can I help manage that? Because I know it's a growing process and as I become more sensitive and intuitive I'm going to feel all those things more so.

LBs: Yes. And this again is a similar kind of exercise that we spoke to [Q4] about when she was not in the present. And part of what is happening with you is you are not in your body. You have allowed your energy, more or less, to travel. And you are experiencing another's energy. And so, again, by concentrating on your 3rd chakra, physically putting your hands on the 3rd chakra and, again, concentrating on the 6th chakra, it helps to bring you back into your body and become more aware of your own being, and that helps bring your energy back in. Because what is happening is the energy pull, because of your connection with this other person, is so great that you are losing parts of your own energy. You are releasing it without discernment.

Q23: But it's not conscious.

LBs: No, that is correct. And that's why it makes you more conscious by physically becoming aware of your chakra system, your own energy system, and bringing it back in. And so once you put your hands on your 3rd chakra, simply concentrate on bringing your energy back in. And you can experiment with that some. That might be a good experiment for some of you to do together as a matter of fact. Once you are very comfortable with each other and there is trust and caring for the other person, and it's pure intent, then it would be very interesting for you to work within the group with each other on being able to let your energy blend enough that you can feel what the other person is feeling even with your eyes closed. And then be able to pull that back and center so that you are once again comfortable. And this could be an interesting exercise for you to work with.

Q24: It really doesn't really matter who is feeling what? It's just a matter of me trying to pull myself together?

LBs: That is correct. Because what you are doing is you are being empathetic, so to speak. And many healers run into this problem frequently when they first become healers because their energy is so empathetic with this other person that they are working on that they physically begin to feel the pain of the other person.

Q25: The feeling lasted all day and was so strong.

LBs: It's because you have made some giant leaps in opening and allowing your energy – because as you know, you spent much of your life withholding your energy. And once you let the energy go it was like a dam bursting. And so now you need to be able to learn to manipulate and control your own energy, rather than giving it away, so to speak. So you are not being particularly helpful to the other person by allowing your own self to become distraught because of their difficulties. You will be of much more service to them by managing your energy so that you can help them transform their own energy. It's a matter of bringing it to your consciousness, much as we were saying to [Q]. It is a matter of bringing yourself back to yourself.

Q26: Could you give me some information on working with plant energy?

LBs: Yes. If you learn to feel energy, as we were speaking to you earlier about learning to feel your energy. If you can learn to feel your own energy, you can then start learning to feel other energies. And plant energies are one of the most rewarding energies to feel because it is very energizing to the human nature to be in plant energy. Plants are very giving of their energy. And if you can start feeling that energy, it is amazing what you will be able to communicate, and what they can communicate to you. You will automatically begin to know exactly what their needs are for them to be the most healthy, and to be able to grow the best. And it's simply a matter of being quiet and learning to hear. And when we say learning to hear, you will hear with the energy. Do you understand? So it's a matter of just simply learning first about your own energy, and then transferring that knowledge to the plants themselves, and they will respond to you in a way that may amaze you one once you truly can hear them.

Q27: Is it true that the energy from a tree can actually be healing to the human body?

LBs: Absolutely, all plants and living things of that nature are very giving and they are giving in a way that is a totally pure energy. They are not tainted with emotions. And so you are receiving pure energy. So absolutely, it is healing for you. And different indigenous tribes recognize that different plants and different trees, different flowers, have different essences. And once you become sensitive enough to these plants and trees, you will begin to know what their essence is, and begin to know what various herbs and various plants can do for the body. And that was how originally herbal medicine was developed. Because before you became so "civilized", you understood much more about the energies of plants and could understand what particular plant would be able to be a remedy and mend a body. Now much of that has been lost. But the consciousness, as it begins to raise, so will the remembering. And it will become more and more common for one's medicine cabinet to be in their garden.

Q28: There is quite a bit of material actually that was written, in the late 1800's and early 1900s – before we changed so much to the way that we are treated chemically now. When I'm researching it, I find it confusing because the information is conflicting. I want to develop that kind of intuition within myself, but yet I don't want to throw away research that has been done and documented.

LBs: Yes, and part of the reason it is conflicting has more to do with – when you are reading the research, study the researcher. And try, as much as you can, to find out where they were actually coming from spiritually and psychologically. Part of the conflict has to do with where they were coming from. Those that were more in touch with who they are and more in touch with nature as opposed to being more scientific particularly, you will find will have less conflicts. That is why some of your indigenous groups have more information of a truer nature than perhaps some that studied in a laboratory. And then also there will be some conflicting information simply because of the same reason your allopathic drugs are sometimes conflicting information. Because what you give to one person may work very well and be a poison to another. So when you are an herbal healer, you must intuitively know what the body will be able to handle. And it will not necessarily be the same for each person. A good herbalist comes from the heart, not the mind, although they may have the knowledge. But the heart is what tells them what particular herb works for that particular person, because it has to do with resonance and vibration. Does that help?

Q29: Yes that helps. I'm just now becoming aware of the insecurity that I have and the lack of trust. I realize just because this herb works for me, doesn't mean that it's going to work on someone else's physiology. And yet I do have quite an extensive intuitive background so that – and it's just bridging that trust.

LBs: Use some of your tools like your kinesiology, your pendulums. And when you decide to work with them, clear yourself and center yourself completely before working with them. So that you are a clear vessel for the information you will receive. And you will not have any problem with knowing which to choose for whom. And start with only a few. Part of your problem is, and we speak to you on a personal level here, that you think you must be the dictionary and know all. So pick only a few things, and learn as much as you can about them, and then add to your bag of information instead of wanting to know it all at one time. You do not have to be so perfect in your knowledge. That's what is stopping you is you feel you must be perfect.

Q30: Witness consciousness is something that is learned in yoga -a witnessing your actions and your thoughts simultaneously, and your feelings. Would witness consciousness help [Q22]?

LBs: That would not be helpful particularly in what she is speaking of because she is not conscious of what is creating the situation. That's why she must bring the energy back into herself. And then, yes, that process could be helpful. Once she brings the energy back in. But when she has allowed the energy to actually expand out to the point that she loses her – almost loses her equilibrium so to speak, she must bring it back in before she could witness, as you say, what is going on. So she needs that centering first.

Q31: Thank you Light Beings. Is there anything you would like to say in closing?

LBs: We would like to say that we feel there have been some tremendously good questions tonight. Questions that we found intriguing in some ways and wished we had more time to expand upon. And so we hope that you will continue with this line of thought, because the more questions that come in of the nature that has been here tonight, the more we feel we can bring in more information concerning the energy and ways that you can use this energy to help you expand, each of you, in a way that will be to your own benefit and to those you come in contact with on a daily basis. And as we have said many times, that is much of our reason for wanting to communicate with you, is to help you in that respect to expand so that you can be – and this is something that you almost take lightly now, but that you truly can be of a light nature and can present your light to others so that you will be able to make some major changes on your planet. So we are very grateful for your presence tonight and hope that you will once again return and offer more questions. So, thank you and good night.

Group: Thank you. [End of session]

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