

Question #1: Good evening, Light Beings, and thank you for being here today. Is there anything you would like to say to us in general before we begin this discussion?

Light Beings: That we are very pleased to have you all together again and there is an energy that is forming that many of you may be aware of. It is an energy that will continue to grow as you work together, and you will find that with each meeting, each of you are expanding in a different way, but are also combining some of your energies, and it will be of a beneficial nature. So, be aware as you leave this meeting today, of how you are actually feeling and be aware of how energies combine. And they can be of an expanding nature, and of a nature that is not expanding, and you will become more and more aware of these kinds of energy fields as you go out and relate to others. And it is going to be of an important nature as you begin to go deeper into ideas and into questions about energy.

Q2: You said, I believe, that the way we really create our realities, at least from our perspective on the dense planet, is that we utilize color or light, and sound and thought. Is that correct?

LBs: Those are three elements that are extremely important in forming your own earth reality. Each of those is more important than is presently recognized in the scientific field, although there is a lot more awareness, especially concerning light. Color and sound are being investigated in some areas, but they have not yet come to the forefront, as they will eventually. But yes, those are the three ways that most energy fields are built, that most of the personality even reacts to, and it is also the way that the actual structure of the body is affected.

Q3: On an atomic level, or a cellular level, or both?

LBs: Both the aura--or the field of energy around an entity--and the cellular structure is affected by sound, color, and thought.

Q4: I read recently that fearful thinking, or negative thinking, can throw hormones into imbalance or secrete toxins into the blood. Is this an example of what you are talking about?

LBs: That is absolutely one of the ways that you can affect the body. Thinking a thought, a fear, projecting fear, allowing fear to come in, affects the cellular structure of the body. And it affects many things, not just the hormones, but it affects many parts of the body, many of the functions of the body, from the tightening of your guts, so to speak, to the constriction of the heart. In many, many ways it affects.

Q5: A question about fear interfering with one's life purpose...

LBs: We understand what you are asking, and it is a rather complex issue. It is not going to be so easy to answer in one or two sentences. What you are asking, we perceive, is if a soul knows its purpose, then can it move forward without fear? And the complexity of that is this: every entity that enters and incarnates into a physical body has a mission, has a particular purpose, has particular learnings that they have chosen to experience in this particular incarnation. So that is not unique in an individual. Every individual has a particular mission, a particular learning. But when they enter a physical body and become a part of the dense planet, and learn many of the patterns and codes that they experience through relationship with their parents, their siblings, their peers, their relationship with their country, their culture, their religion--There are so many influences that they begin to absorb. And this is what creates the fear factor. And it is also what many times slows one from actually walking the path that they had chosen originally.

So it is the memory of being a part of the One, a remembering of what they came here to do that helps them move forward. But first they usually need to be able to remove the fear that was built from listening, absorbing, and psychologically taking in a lot of what they weren't supposed to at a younger time. So, it is almost a catch 22. Until they recognize what has stopped them from moving forward and what fears are acting as obstacles, it is difficult for them to remember who they are. So it is a constant working at peeling off layers. It is not an overnight process. But once one is able to peel off enough layers, the fears begin to diminish and they begin to remember what they came here to do. Does that help answer your question? (Yes)

Q6: Getting in touch with the soul and removing the fear is the answer to every question?

LBs: That is correct. That is what one is compelled to do, so to speak. That is why, when you come here and you enter your body and you begin absorbing these codes, these patterns, these experiences, you then begin to forget what your original purpose was due to these fears that you have built. It becomes difficult to get to know once again what your soul is meant to do. But that is all part of the experience. Because, if you did not forget, if you remembered everything that you have ever experienced in any lifetime, when you entered your physical body the brain could not actually handle the stimulation. So it is necessary from a physical point of view.

Q7: As you begin to release the fears and pierce the illusion, presumably your brain becomes stronger and able to adjust and handle it?

LBs: The vibrational level of your being changes, increases; the vibrational level increases. So, as you begin to grow and expand, you are able to handle more of the remembering--physically able to handle more. But that is also the reason it is very necessary that you learn to do such things as meditate or learn to find a way to ground yourself, because if you do not, then it can be more than you physically will be able to manage, and it can create some health problems.

Q8: The way one's spirit grows and evolves has a lot to do with the stimulus one takes in--the input and the energy. The nervous system can become overwhelmed, and when it does, there are probably an infinite number of things that can happen, but one of them is that the system will cease to exist--it will break down. Another possibility is that it will quantum leap to another level, and that is how the growth, the change, the evolution occurs. Is that correct?

LBs: That is more or less accurate, yes. That is why it is so dangerous for a human being to use drugs, to use hallucinogenic products, to expand the consciousness, because if they have not reached a certain point in their growth, and they expand too quickly, their physical brain actually cannot handle it and so there is a breakdown, a breakdown of the actual transmitting in the brain.

Q9: A personal question concerning the differences between a mother's and her daughter's energies.

LBs: Let us try to give you an analogy. There is the energy of fire, there is the energy of air, there is the energy of earth, and there is the energy of water--your astrological energies. And each of those energies has a purpose, and they are neither "bad", "good", nor indifferent. They all just are. But each individual enters the planet with a combination of these energies, and then

they bring with them energies that come from their growth in other dimensions and from other incarnations, so that there are a lot of different kinds of energies that are combined. And your energy is more one of. . . It is difficult. I don't want to say something to you that you are going to misinterpret, but you are more like a pillow and she is more like a stone, if that helps you understand energies a little bit.

Q10: More fluid?

LBs: It's not even fluid. It's more malleable. She resists more. She is able to resist influences more, has a more determined manner. And again, I don't want this misinterpreted, because it's not that she's like a rock; that's not what we are trying to say. We are trying to say there is a different energy. Do you understand? A pillow has a very different energy than a stone would have. Does that help you understand? And so, what happens is, if the stone meets the pillow, what happens?

Q: [Laugh] We do that a lot, so . . .

LBs: And the pillow ends up having to give a little bit, but it doesn't completely give; it's more malleable. Does that help you understand what the differences in your energy are?

Q: Yes.

LBs: And it's not that one is bad and one is good; it's that they are very different.

Q11: As I get more and more in touch with my soul, I am beginning to feel like what I used to call my "higher self" is sort of an unnecessary intermediary. It used to be a part of me that I looked towards for advice and wisdom, and now I feel like it's not necessary.

LBs: What you are doing is you are finally recognizing that true communication with the One is a knowing--not a hearing, or an intellectualizing, or even a listening. It is a knowing. And that is what you are experiencing now. It is that your entire being hears, that it's not something that goes first through the brain and then is translated into a thought process. It is a knowing. And that's the point that each of you is capable of getting to. And once you do, you are going to find that you will have almost no questions about what you are to be doing or where you are to be going as far as your life's moving forward, you will just know on a moment-to-moment and day-to-day basis. You are very capable of doing that. And that's what you are experiencing moments of now. It's the knowing.

Q12: And I think, for me, the higher self was an intellectual concept, so I don't even want to go there any more.

LBs: Correct.

Q13: I just want to be quiet and feel it in my cells and--

LBs: First, one usually needs to get in touch with what they call their "higher self" because they are helping to shove the ego aside in doing that, because you are making a conscious effort to be in touch more spiritually, more at a higher plane. And so, you think you are speaking to your higher self, or you are speaking to your guides, and in so doing you are listening and intellectualizing and getting the thoughts in an order that makes sense to you. But there

ultimately comes a time when, yes, that is no longer necessary.

Q14: I have a question that follows up on that. Tomorrow night I'm to do a ritual--an open circle ritual. I am asking for feedback on the use of sound and song for healing and creating a sacred vortex.

LBs: We are not telling you anything that you do not already know, but it is very frightening to you because you do not know exactly yet how to move forward. But you know that your gift is part of your mission, and until you are able to use that gift for the benefit of others and the service of others, you are not going to feel the fulfillment that you are looking for. And so, this can be a very small step forward in feeling, instead of thinking through what you are going to do. Follow your heart with that tomorrow night, and use your voice and your instruments as it feels right to you, as opposed to thinking so much about it. And you will get the kind of feedback that you need from the group. As you go along, allow them to give you what you need to let you know what the next step will be. Do not hesitate to even experiment with sounds and even some chanting, because it will be of benefit to them as well as to you.

Q15: Please talk about the kinds of intense dreams I'm having lately that sometimes portend accurate future events.

LBs: You are in touch in some ways with some of the energies that are not of a particularly pleasant nature, and you tend to bring some of that in. It is not always of a predictive nature as much as it is that you are picking up on the energies of what is going on in the outside world and bringing it in to you through your dreams. So it is not so much prediction as it is that you are picking up on the energies.

Q16: Is there a way that I can use that and channel it into something so it is transformed and transmuted?

LBs: You might find it of great benefit to you to spend some time in actually using the light, the white light, to clear your field before you go to bed, and bring in a very light blue and surround yourself with that color and ask that you bring in the energies and vibrations that would help you expand and grow. And then you will find that your dreams are going to be of a more beneficial nature and more of, almost a teaching, as opposed to you're picking up on what is going on in the outer world, so it can be of more benefit to you. Because actually what you are picking up on is not necessarily of benefit; it does not necessarily help you grow. It just helps you know that you have that capability.

Q17: I am very frustrated, because I saw the Twin Towers in a dream the night before it happened. I've seen other things since then, and it is very frustrating to think of these things, and what can I do about that?

LBs: That's just it. It's already out in the energy field of others, and you are picking up on thought patterns, but you really can't do anything about that other than send white light. Replace it with a better--a higher--we will not say "better"; that is really not a good word to use--a higher vibration. And in so doing, then, at least you are sending back something that is of a clearer nature, and it doesn't bring it into your own energy field. And you will find that you will feel much lighter and much clearer about your own personal dramas if you can relieve yourself of picking up the energies of others of that nature.

Q: Thank you.

Q18: About nine years ago, in a visualization to help me learn how to center, I looked within and saw this blue fellow; magnificent and glowing. I'd like some clarity on what that image's purpose was, or who that was, or how I may be able to use that for my improved focus or knowing.

LBs: I'm sure you recognize that you have great healing ability, and this blue fellow that you saw is a part of that healing nature. It is a part of a light that is emitting from the guide that you have that helps you in your healing. When you work with people, you are finding that you are able to relieve them in many ways, not just of a physical nature, and the blue light is extremely beneficial in healing. It is the best color that can be used for inflammations, for many diseases. So that was simply a symbolic . . . a symbolic picture for you, so to speak, for you to absorb that and bring it back into your healing nature. And if you would work with color, you would find it would come very naturally for you, and this guide would be there to help you know what colors to use and when to use them. It is the guide that you have had in many, many lifetimes, because in a previous lifetime you were a doctor, and you, at that time, were very, very cognizant of this being every time you performed a surgery. So continue opening to him because it is very beneficial to you.

As you know, you have several beings around you that are an aid to you and are trying to help you. You are having difficulty opening to them because a part of you does not yet believe that you deserve to be able to have this benefit of knowledge that is coming from a different source. You are very capable of opening to information, and they are more than welcome to be giving this to you. So, allow yourself to hear.

Q19: Is there anything I need to release or forgive that would enhance my sense of being worthy?

LBs: You are working through not just this particular lifetime, but there have been several, that you feel you did not do all you could do to become all you could be, and you still hold that as a failure. And so, there still is, in the deep recesses of your mind, the fear that you will fail again if you take a certain path. And so you hesitate to open completely to some of the information that you are receiving. And I think you know, without our opening and getting into a more personal discussion at this time, what we are talking about. Correct?

Q20: Is it okay if we take a break now?

LBs: It is always okay with when you want to take a break, of course.

Q: Oh. I didn't realize I was talking to you directly, Light Beings.

Q: [group laughter]

Q21: Now, you often say, "Wait a minute"; you want to "finish this point first, though." Don't forget that.

LBs: You are absolutely correct in that. At times we do get carried away, and we forget that the entity needs to move also.

Q: That's okay. We forgive you.

Q: You can ask the joke question.

Q22: Oh yeah. You know any good jokes? (To the Light Beings)

[Group laughter]

LBs: You must be joking.

[Group laughter]

LBs: This entire universe is a joke.

Q: Good point.

LBs: If you were able to see from our viewpoint, you would be spending most of your time chuckling at how really ridiculous you beings are!

[Group laughter]

Q: Perspective. Use it or lose it!

LBs: If you really want to look a spiritual being, you will find that being finds much, much humor in what goes on in the drama on the planet. You do not find a true spiritual being who has a lot of seriousness.

[Group laughter]

Q23: In other words, we take ourselves so seriously, because we haven't found ourselves yet?

LBs: That's part of it, and of course, fear keeps you from enjoying yourself.

We think it is, perhaps, time for your break.

[Group laughter]

[BREAK]

LBs: Welcome back. There are many of you that have questions, but you are hesitating to ask. Why is that?

Q24: What is the reason for my dreams about deceased loved ones?

LBs: Many times, those who have left the earth plane are still at a level, a dimension, that they are in touch with what is going on on the earth plane, and with those they have left behind. And so, they may make an attempt to get in touch for one reason or another. It may be for their own growth, or it may be because they feel something was left undone, or it may simply be that they need or want communication because they think that you have a need. And so, in your particular case, you are going through some confusion and are questioning quite a few things, not only about what is happening to you now but what has happened to you in the past; and so, some of your communication is coming from that source--from those who care about you, cared

about you, and still remain at a vibrational level that they are able to come to you through dreams and speak to you. And they are comforting you in one way, or another.

Some of those dreams, as you noticed, are almost as though you are back at the time that they were alive and you are speaking to them. Other times they are more or less giving you some sort of symbolic message, and you might look at what that particular entity meant to you and what did they say to you when they were alive, in their actions, in their thoughts, and then you will be able to see symbolically what the dreams are telling you. Does that help you?

Q25: It does. I have the opportunity to go on a trip in January. . Even though the funds are not there to do it, somehow I feel compelled to go, but then thinking, well, maybe I shouldn't go. So there is a real struggle. Can you give me some insight?

LBs: Once again we offer to you, much as we did the other questioner, what is your intent for this trip? And if that intent is one that is going to help you grow and expand in a way that is going to be beneficial, then the funds will manifest themselves in some way so that you can make the trip. So it is up to you to examine your intent and find out if it truly is something that is going to help you expand and grow. And in reality, any time you find some confusion in your thoughts, or as you say, you are "second guessing", it is probably because your intent is not clear at the time and there is some conflict. That is why you are not able to feel comfortable with a decision. So examine your intent.

Q26: How would I become clearer in my intent?

LBs: If you learn to center and listen when you have a question--and each individual finds a way of being able to get in touch with that part of you of the soul, that lets the soul actually speak--and so, if you learn to center and listen, you will begin to know what actually is of the soul and what is of the ego. And pure intent speaks from the soul; it is something that does not have a hidden agenda, an ulterior motive, but the motives are clear; there is no conflict in the thought processes about it. So, when you think about the trip, for what reason do you need to go? Is it truly one of a nature that is going to bring you back a more expanded entity, or is it something that you feel would be of an exciting nature, an interesting nature, and really is not something that would benefit at a more soul level. So it is something you need to get very quiet with. And if you want a technique that will help you, sit down and write down in two columns all the reasons you need to go and all the reasons you see you do not need to go, and it will become very clear quickly, as you allow yourself to listen to those reasons, which ones are coming from the soul and which ones are coming from the ego. Then you will be able to make your decision.

Q: Thank you.

LBs: And we could tell you whether you need to go or not, but we won't.

Q: Oh, come on!

[Group laughter]

LBs: You need to work through that process. Let us say, do work through the process; that's important to you at this time.

Q27: This week I just got this complete knowing that I needed to tell two of my clients that

they need not come back for a while, and I was wondering if that was an indication that they were dependent on me, or I am not in the place to be doing healing right now, or if my work is going to change.

LBs: You are correct in understanding that your energy at this time is of such that you are not ready to give more to those particular entities in the nature of healing. You have reached a point with them that they need to take the next step themselves, and you recognized that. But also, you are stepping back and re-evaluating your own work, and you are beginning to have, not doubts, but beginning to question if there is another way, or another approach that you may decide to investigate. And with that process going on with you, and with these two entities having reached a certain point in their growth that they need to move themselves into other areas, it was a good decision for you, and you knew that. And normally, when there is a decision made about relationship, whether it be what you are speaking of, or whether it is a relationship between two individuals, whether they are friends, they are mates, they are whatever, and there is some kind of decision about a change in relationship being made, it is usually not one person making that decision. So both of those entities, at a certain level, recognized that it was time to step away for a while. They will come back to you in a different way.

Q28: So, do they understand that it wasn't rejection, even though I couldn't give them a reason? It kind of felt like they were feeling--

LBs: Intellectually, they may not understand completely at this point in time, but given a few weeks, they will begin to realize that it was a good decision. So do not concern yourself about that, but keep yourself open, because one of them may decide to give you a phone call and actually, in a roundabout way, quiz you about it.

Q: He already has. Thank you.

[Silence]

LBs: Please do not hesitate to ask questions about--

Q29: A question about an experience: A visit from a wonderful master from another dimension and the level of peace and love was enormous.

LBs: That particular being that you experienced was from the seventh dimension, and that is the dimension that very rarely makes an entrance into the lower vibrations, but occasionally does for various reasons. And you were at a point in your life where you needed a jolt of that kind of unconditional love and light that you experienced. And it does not have to be an isolated case for you, if you should want to open to that kind of vibration again.

You are capable of once again opening to that, but it is going to once again take some clearing for you and some almost childlike faith that it is okay to experience it again. It was an avatar that has spent some time working with entities on the earth but not so much in this particular period of time. So it is not a common occurrence for this particular vibrational --it's very difficult to explain. Once there is a certain vibrational level of the fifth, sixth, seventh dimension, there are not individualized personalities. It is more of a joint, group effort. So what you experienced came through as appearing to you as one entity, but in actuality it was a group entity that you experienced. And that is what you can pull from once again, and it is of a very high vibrational level and demands--when one wants to connect with that kind of force, that kind

of energy, it demands an openness of a childlike nature. And at that particular point in your life, that's what you allowed to come through.

Q30: Would you say innocence, primarily?

LBs: Yes. Yes, innocence is a good way to express it.

Q31: The single desire, which I intellectually did not know, but which came up from my heart, was to be front and center with the Master.

LBs: Yes.

Q32: And in a few seconds, in fact he did.

LBs: Again, we say, you will be able to make that connection again if you can do some clearing.

Yes. And that is part of the learning at this time, that each of you is capable of making that connection in a conscious level again. But there is a certain level where you are connected anyway, but it is not at a conscious level, not one where you understand most of the time when you are in a dense body. But some of you are fortunate enough to allow the opening, even if it is for very brief periods of time. And once you have known it, it is something that you continue to desire and want as long as you are incarnated. But it is possible for each of you.

Q: Absolutely.

Q33: Is it possible to exist, and stabilize, and live a normal life, and be open to such a profound sense of love and expansion without being lifted off the planet? Can you balance enough to stay here and be open to that over a long period of time?

LBs: What do you consider a long period of time? There are those who are able to open their heart chakra and make that connection, and it is in almost everything they do and say, but they still are exposed to life experiences and they still have the mundaneness of having to feed their body, of having to do all of the necessary things to keep the machinery running. So it appears that they may be not experiencing it at all times, but in reality, there are some that are able to carry that connection all of the time. But it is very rare, and usually they appear to you as an Avatar or a Master, because they exude an energy that makes them appear different to others. But they still have to contend with the denseness of the planet in some ways. But to answer your question a little more thoroughly, it is possible for the average person who is not an Avatar to be able to make that connection frequently enough that it carries forward in all they do and say. And it may be that they appear to be experiencing things that are not of a pleasant nature, but within them, they are not suffering. Do you understand what we are saying?

Q: Oh yes, I understand that.

LBs: Yes. So they can carry it to a certain extent all of the time, that connection. The body's vibration continues to increase as one expands one's consciousness. And that is why it is necessary for a certain amount of grounding. And when we say "grounding," the way the mechanism of the body is built, you have energy centers, and each of those energy centers connects with the different vibrational levels. And if you don't stay somewhat grounded, you become somewhat unbalanced in your physical centers, and that is why it is necessary for the

grounding. Not because your vibrational level is going to reach the point that you can't stay in your body, but you need to stay balanced for the mechanism to work properly.

Q34: You don't want any chakra closures or blockages?

LBs: That is correct. And that is why it is a misnomer that, for instance, if you are spiritual you can't enjoy sex. Then that's becoming unbalanced, because the mechanism is such that all of those centers need to be opened. There does not need to be a closure to remain balanced. So, as the vibrations rise, as the consciousness expands, so do the chakra centers vibrate at a different intensity also. But they all need to be respected and to be kept in balance.

Q35: Many people have been experiencing a pretty intense period of what they can only describe as energy blockages, though in the past couple of weeks or so, something has changed, and things are beginning to flow again.

LBs: Those of you who made a conscious choice to use your experiences in this particular incarnation to be of service to others reached a point in the last six to eight months of needing to do some real evaluating about where you were in your mission. And so, a lot of obstacles have been placed in front of you to help you recognize that it is time for you to take a really good inventory of where you are and where you are going. And it has been frightening for many, it has been difficult for many, and yet it has been a necessary kind of evaluation for each of you to be able to clear away debris that is not needed for your growth, for your expansion. And so, you are right, there have been obstacles, and there will continue to be until you have cleared away anything that is stopping you from moving forward on your chosen path, because you have made a commitment, and to keep that commitment you must remove the things that are stopping you. And many of you are beginning to recognize what has been stopping you and are now beginning to clear the way. Does that help with what you are talking about, or do you need more clarification?

Q: No, that helps. Thank you.

Q36: I feel I am taking inventory of my life and gaining new appreciation for something different, letting go of old values and ideas, gaining new understandings of patterning, life lessons, contracts, karma, and new choices. Is this something to talk about?

LBs: Absolutely! And because the vibrational level has increased for the planet, it has been more difficult for those of you who have committed to become a worker of the light; it has become more difficult for you to take this inventory, because things have moved so much faster. There was a time when your karma, as you spoke of, took years, sometimes lifetimes, to come back. But it is evident to you now, I am sure, that when you do something and recognize that it probably was not of pure intent, it boomerangs very quickly. It doesn't take a lifetime or years, but you may be able to see that lesson within weeks, or it may be mirrored to you within days. So, things are happening much quicker. And as you begin to take the inventory, as you say, of the various areas of your life that are influencing you or have influenced you. or you have brought in as patterns, you are also able to move things out quicker, clean up the debris quicker.

But everything is happening at a much faster rate now, and so it does make it a little more difficult to stop, and listen, and hear, and take inventory, because the stimulus is so great and the happenings are so frequent. That again is why it is so necessary that each of you find your own method of learning to be quiet and listen, whatever that is--whether it is out walking in

the woods and sitting beside a tree, or learning to meditate in a disciplined manner, or picking up a paintbrush and painting. Whatever method gets you in touch with that part of you that needs to be heard, it is of utmost importance that you honor that. It is needed more often than it ever has been, because of the increased energies of the planet itself, and of the increased polarities that are now existing. It is extremely necessary that you make the effort to get in touch on a regular basis.

Q37: Moderator: It is getting late.

LBs: We would like to ask that you do some homework. We'd like for each of you to observe, for the next few days, energy exchanges that you have with others on a non-verbal level. We would also like for you to observe how you are feeling emotionally when you awake each morning and how that affects your energy involvement with others. It is important that you begin to become aware of this energy field that you are responsible for, and how that field is affecting others, and how their field is affecting you. So, we are asking that you observe and make notes about anything unusual that you are experiencing within the energy fields of others, or what you are experiencing within your own energy field, and how it is interacting or blending with those of others; everything from your grocery clerks to your mates.

And do it in such a way that you can truly begin to understand this energy field that is around you, because it is going to be a great part of your learning, and understanding, as you begin to open more and more, and it will be extremely helpful to you to get in touch with that and begin to understand how you can affect your own energy field and how you do affect others. So, make yourself some notes--some mental notes and some physical notes--to share with each of you when you come back together, on a very casual basis. You will begin to understand then how group energies begin to build, and how extremely powerful they can be. And then you will no longer have to ask yourself what you can do about the world situation, as it will begin to become apparent what you can do for your own situation and for those of a greater expansion. So, with that thought, unless there is another question--and we are certainly open to that--we will bid you good night.

Q38: Do you want us also to make notes about how we are before we go to sleep?

LBs: Yes. Right before you go to sleep is a very good time to do a day's review of your energies and of others' energies affecting you. So it is a good time to do a review.

And if there are no more questions . . .

Moderator: Thank you, Light Beings.

LBs: Thank you and we look forward to being with you once again soon.

[End of session]

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