

Question #1: I'd like to know how we can stay in joy and be grounded while not being so serious, and not be halfway out of our bodies, and be as useful as we can. I think most of us are straddling two worlds right now. I get into my "stuff" too much.

Light Beings: That is an excellent question, and you are absolutely correct in saying that this is an issue for many people on the planet today. Especially those of you who are already working in the light and trying to make a difference, trying to be as much in the spiritual as you can be. But you did incarnate into a dense body, and that body does definitely need grounding. That is part of the reason that you have a lot of frailties and illnesses in those of you that are working in the light, because you do not allow yourself sufficient time for the physical body to be grounded and a part of the planet itself. Many of you are working at night as well as during the day on other things of other dimensions and in so doing you are changing your vibration. And as you do that, it is a cellular adjustment also, and so it makes the body have a lot of difficulty if you do not allow for that grounding. Also, the grounding helps with the joy. Many times one forgets that the main purpose of being on this planet is joy – that being able to experience to the fullest in an expansion of the etheric field, expansion of all of your essence, and being able to fully feel, and see on the dense planet those things that can bring you joy. So, one of the ways that you can perhaps start recognizing and experience more joy is for you to take enough time to experience those things on the planet that are of pleasure to you. You will find many times there are situations where you are so engaged in your head, in your mind, that you completely forget to look around you at what is going on, and to completely ignore the beautiful part of your planet. You may be completely oblivious to a beautiful sunset, to the beautiful flowering in the spring, to the love that comes to you from a child, or from a friend because you are so busy "being spiritual". So it is definitely important that you recognize that you have incarnated for a reason, and part of that reason is participating on the planet in the things that are part of the denseness. So, that is the best way for you to learn to keep a sense of joy within you; it is not necessarily just to become spiritual, of course, when you make the connection with the Source. That is a joy that is totally of the entire being, of the essence, of a different nature than what we are speaking of at this time. Does that help?

Q: Yes, thank you.

Q2: I worked out in the air today for about 8 hours and felt grounded, and even though I was aware of my body, I was not totally in my body, and that my connection to nature that I was working with wasn't necessarily feeling oneness with it, but there was a definite aspect of tranquility.

LBs: Yes, and you have again hit upon something that is of importance, though, because you said you were not in your body completely, and this is a necessary part of keeping yourself in a wellness, is by being in your body. One of the ways that you can bring yourself into your body is learning to use your sound and being very aware of bringing sound into the physical body. That's an excellent way for you to be in your body. Because many times when you are working to become more spiritual, you tend to spend a lot of your time in meditation, contemplation and even when you are doing, as you said today, working outside in nature, your mind or that part of you is not truly recognizing and being present. So when we say to ground, it is necessary to be in the body, you understand?

Q3: Yes, but its perplexing. Sometimes I feel I'm in my body but I don't feel connected, but I should feel the connection, no?

LBs: Yes. That is absolutely right. And as you know, as we have discussed many times with you, one of the ways to be connected both with the source, and to be grounded, is for the ego and the soul to be in recognition of each other, to work together. And that will bring the balance of where you are truly in your body, but still in connection with the source.

Q4: In the past you have talked about the causal plane, and how it holds energy from one lifetime to another, and that the causal energy can influence a current entity's lifetime. And I believe you said that if we could see our energy fields, we could see how the causal energy sometimes affects it, diminishing it, expanding it, influencing the shape and contours, the colors of it, etc. Is that correct?

LBs: Yes, that is definitely correct. What happens, for instance, if you experience something and it is of an emotional nature, and that goes to the causal plane; that is a part of that plane then, so the next time a similar thing is triggered, you are pulling from that causal plane a pattern, so to speak.

Q5: In a way then, you are saying that the causal plane is the repository of emotional energy, not just of other lifetimes, but of this ongoing lifetime?

LBs: That is correct, definitely of the ongoing. Many times one will bring, of course, something in that they are still working on, but the causal plane itself is more of the emotional residue that happens from the time one is born, and as patterns are developed that are perhaps coming from a perception that may not be necessarily accurate but has triggered a certain emotion, and that emotion is basically stored in that causal plane, and that is what you tend to react to again when something of a similar nature transpires.

Q6: Last week we were introduced to a GDV machine and its ancillary BEFE machine, where we put our feet in water, and it affected our auric fields with a charge. And we saw a display of our aura with Kirlian photography as displayed on a computer screen graphically. Is that a relatively accurate and fair representation of the auric field as it is presented on the graph of the GDV machine?

LBs: Yes. But there is something you have to understand, because that is more complicated than you are presenting. It includes, also, the physical body, as well as the emotional and spiritual body of that particular – it shows all of the energy fields. And when you are using the machine you are speaking of, it is adjusting your electromagnetic field, but if you continue to still pull from the same patterns that are in that causal plane, then that expansion that you will see will not remain constant. You will once again contract, and once again the field will become segmented. So that is why it is necessary to clear those patterns for you to be completely released from them if you want to maintain your energy field in an expanded way. Do you see?

Q7: So it is sort of like a doctor's pill, masking the symptoms? It's not really the solution?

LBs: No, it is not masking, it is balancing you, and so that is very beneficial for both the physical and the mental body – emotional body, because it gives you the – how can we explain this? It gives you a status where you have the ability to see with more clarity, because it is giving you a better balance for even a short period of time. And so your perceptions are perhaps with more clarity, and your ability to see what needs to be cleared is there. It is the same thing as when you get your body – one of the reasons, for instance, they are discovering you take allopathic medicines is to eliminate pain, to give the body that brief period of time so it can begin to heal.

When it is chronically dealing with pain it makes it much more difficult for it to start the healing process. So it is a similar kind of thing.

Q8: As an analogy, imagine our lives are like a cable TV, and we have all these channels playing at the same time, yet our screen is showing maybe only one. Our lives are concurrent. Our experience of them mentally, and in logical, linear time is in a sequence. But the living of them is all happening concurrently. So the causal pattern is engaged with all of them in a sense at the same time?

LBs: That is correct. And when you experience something of the present moment that you are aware of, then you are perhaps pulling from something that could have happened in many different lifetimes. Because it has not been cleared, it will be of the same kind of emotional experience. Until it is completely cleared, you will tend to behave in a similar manner to a similar reaction. Do you see?

Q9: You can change anything in the now?

LBs: Yes. That is correct. And this gets rather complicated in the explanation, but when you clear in the now, the present moment that you perceive as this moment, when you clear a pattern, it is clearing for all lifetimes on the earth plane.

Q10: Must we understand the energy we are trying to clear from a past lifetime, to accept that lifetime which created most of the energy, using that understanding and acceptance as a tool to help us clear the energy in this one? Or is it all the same anyway?

LBs: It is not necessary to understand where a particular pattern was developed. As long as you can understand what the pattern is, and be able to accept that that is a part of who you are at the present moment, and you have an intent, a pure intent to clear that, then it doesn't really matter what the history surrounding that particular way of behaving, that particular way of reacting, or that particular pattern is at present. It is not necessary to know how that developed.

Q11: If you don't know where it came from, how are you going to know that it's cleared?

LBs: The way you know you have cleared something is when something of similar nature transpires and you no longer have a reaction to it. You see, any time that you react strongly to something on this earth plane, it is because of a pattern. Because one comes here on the planet, even as a young child, and it is easy to see this by observing how young children behave. They do not have the fears or the reactions that one does as one matures in the body, because they have not necessarily formed these patterns. That is not always, of course, true if they brought something very strong in with them. But many of the patterns are developed in your present lifetime. If it is something that is connected with a past lifetime, then it will perhaps be stronger. But once you have cleared it, you will no longer react to it.

Q12: Isn't it only the fear that holds the pattern in place?

LBs: That is correct; it is always a fear.

Q13: Is it possible to clear an emotional response to something? If I tone up and down the scale and find where the toning was cracking in my voice, or not being consistent, could I tone through that, and clear that?

LBs: Sound definitely is a wonderful tool for you to clear not only the emotional body but at a cellular level, because many times there has been a reaction of patterns that is also in the cellular memory, affecting the cellular body. And toning is an excellent way for balancing and helping to clear. But it may not clear it completely if it is something that has been continually reinforced, especially if it has been reinforced lifetime after lifetime. It may take more than just the toning. But the toning will do much towards getting you in a position to be able to clear.

Q14: What if I added sacred geometry, an image of a sacred image to assist in this?

LBs: All of that will assist, yes. Anytime you use the subtle vibrations of your sacred geometry, of your sound, or of your color, you are getting yourself into the position to be able to have much more clarity about what is needed, and so if you do that often enough – for instance, if every day you used some of those methods, you would eventually reach the point where you had enough clarity to know how to clear whatever was giving you difficulty through your reaction. So those are definite tools to help one to be able to clear.

Q15: So it would be on an individual basis, what the individual finds works best for them? And then through sound or smell or –

LBs: That is correct, because one enters the body usually with one or two of kinesthetic, auditory, or visual, depending on what you came into your particular body with. You will find you will respond to one or the other more. Some people can visualize very, very well while others have difficulty with that because their visual is not nearly as strong as perhaps their auditory. So it is definitely an individual determination. However, sound, sacred geometry, color – any of these subtle vibrations will affect everyone regardless of whether their leaning is heavier towards one more than the other.

Q16: Is there a vibrational tone for the reaction to fear, or in place of fear, to resolve fear? Is there a common tone for that, or is it different for everybody?

LBs: It is different, because each of you has your own song. And that is something that would be well worth your energy to begin to investigate through your own experimentation by being alone and experimenting with your voice. By using any instrument you are comfortable with, by listening to certain music, you will begin to find what you resonate to, and eventually begin to develop your own song. And once you develop your song, you will be able to tap into your essence, and that will give you the clarity needed for being able to clear anything yourself. You no longer will need to look outside of self.

Q17: Is the earth plane the only plane that we can come to terms with and clear our emotional traumas?

LBs: That is correct, because the earth plane offers many things that no other dimension actually offers, or no other, even universe, offers. So, yes, that is true. You have collected the particular vibrations because you did share in an earth body. So that is correct.

Q18: How can we find our own song?

LBs: You can begin by finding out what you resonate to through listening to various music; through listening to various instruments, to finding your own toning - what is comfortable for you,

feels right for you - not having any limitations, not having an idea about what it should sound like, but playing with the voice. Those are some ways to begin to feel comfortable with tones, and eventually you are going to find that you resonate to certain tones, certain vibrations.

Q19: Music?

LBs: Yes, you will relate to certain music, and that music will be indicative of the tone that you resonate to. So that's a good way to get started. But ultimately what you are going to do is through your own experimentation begin to find that you will form a sound or even a tune that will be yours alone. And it will come naturally to you. If you are meditating, many times you will begin to hear a portion of it once you begin this process of opening. So any sound that you resonate to, expose yourself as often as you can, because it will help to begin to open you to your own song and each of you will be very different.

Q20: As to being able to hear the vibration of your own life force?

LBs: Yes. If we could get – oh, this is one of those times when it is so difficult for us to bring what we want to explain into words. You see when you are not in the dense body, you are light and sound. And at that time you are your song, you see. But it is a vibration.

Q21: When you say song, is it a particular melody, or is it just maybe one tone or could it be a combination?

LBs: Yes, it can be a combination. And when you are on the earth plane many times it will be more than one sound, because you are still relating to a certain amount of input that is connected to the emotional and the mental body, and so it will be more than usually one tone or one sound. But it is not necessarily a melody as you think of melody with a written song.

Q22: In the past, I've heard something on the radio and all of the sudden, somebody hitting just a chord – no melody, and it would just totally splash me into the present, so all my senses were completely awake, and it's like my mind and my spirit would just soar. It is almost like a shot of adrenalin out of nowhere, and I think that's what you are talking about.

LBs: That's exactly what we are speaking about, and it is important that you recognize that you resonate to that, and start collecting, making notes, surrounding yourself with those tones that you resonate to, with those songs that you resonate to, with those instruments that you resonate to. So that your vibration begins to be open to hearing your own song.

BREAK

LBs: Welcome back. The energy in the group has been one of... we would read almost as not expectation, but it has not been as cohesive as we have seen at times, but has been of a higher vibration. Even the questions seem to be coming from a much less personal nature, more of one that pertains to a more global view, and we feel that is reaching probably more of you than when you do concentrate on the personal issues, although we are not discouraging that. We are just saying that we do notice a shift here, and we feel that that is to your definite advantage in learning more what energy is about. And now we will open for any questions you might have.

Q23: We were talking about sounds that we resonate to, and finding our song. I would like to talk about dissonance, because sometimes I notice more of the sounds that kind of give me the

creeps or rack my nervous system. For instance, I love low tones but anything in the treble or the high pitch seems to shatter my bones almost. So what's attached to dissonance?

LBs: That is interesting that you notice that, because actually there has been a lot of research recently with people that are working with sound, and they are finding that tones that as you say rack the body, so to speak, tend to really be able to break up patterns more than one that is harmonious. So it is many times an advantage for you to hear something that startles you or breaks your concentration, and even though it may not be to your liking or you do not resonate to it, it gets your attention, so to speak, and cellularly many times will awaken you in a way that a harmonious tone will not. And so, it can be used for re-patterning, or for becoming more aware of an issue or a situation that you might not be consciously aware of. So it can definitely be used to your advantage. When you do hear that, stop and survey where you are at present energetically. And many times you will find what's coming up for you at that particular moment may be something you are needing to look at.

Q24: If certain tones resonate to particular chakras, would a person who perceives a particular tone as discordant or harsh be doing so because there is a blockage in that person's chakra center?

LBs: It may or may not note a particular chakra. It may be just at a cellular, or even in the mental field, or the emotional field. But it could also be related to a particular chakra. But it is a block, so you are correct in that. It just may not be a particular chakra.

Q25: Does the sound need to be audible, or could it be induced into the mind to have a cellular effect? And would it create an emotional response even if it wasn't heard?

LBs: Yes. Because you still dealing with vibration. But if it is audible you have more of an emotional reaction usually. There is, of course, sound that is used even in your allopathic field and also the frequencies that are sent through some of the machines that are even used in the chiropractic field is sound, but it is not an audible sound as you are thinking of sound. But it still does something to the cellular body. So, yes, it will affect it, but there will not be that emotional attachment that you have with the audible. Do you see?

Q26: The other night a group I am involved in was doing Reiki, and it was a night that was very energetic for most of us at the table, and those moments when you feel things and try to put a label on the feeling of what it means or how it works, rather than just feeling the feeling, does intuitiveness kick in at that point and the answer will be given with the energy?

LBs: If you can learn when you have a feeling to let the ego step aside so that you can more or less be the observer, then you will know much more quickly what that thing is about, do you see? What normally keeps you from being in contact with what the feeling is about is the ego stepping in and telling the mind what to think. Do you understand?

Q: Yes.

LBs: So, if you step aside and allow yourself to just be, you normally will then understand at a deeper level what you are feeling.

Q27: Ah, but sometimes that seems to be difficult in the body or the emotional ness of reacting to the energy. Then the mind automatically comes in saying, "I'm crying; I'm sad." The mind tends to put a label on the emotions rather than being able to just, as you say, step aside.

LBs: What you probably are not quite aware of is that there is some low level fear connected to what you are feeling, because it is not something that seems natural to you. And so once you can remove that fear, then you will be able to be the observer and not let your ego interfere and tell your mind what to think any longer.

Q: Thank you.

Q28: When I went outside a little while ago, I found a little tree branch that I brought in. I see this on top of stars at various times, and on these two branches at the very top here, the colors, it's almost like the colors will change. What does it mean and what does the symbol mean and why am I seeing it. Other people can see it if I bring it to their attention.

LBs: Yes, you are simply tapping in. Again, this is part of this resonance that you are responding to. Many people will find that they are drawn to particular shapes. It may be a star. It may be a triangle. It can even be a circle. It can be many of the geometric shapes. What you'd call the platonic solids. It can be any of these various configurations that you are drawn to and it is part of your resonance. In other words, what you are seeing, that particular shape resonates to particular angles with particular vibration, do you understand? And so you resonate to that, and so it is very easy for you to immediately recognize that. It is much as those that many times will continually see triangles wherever they are, whatever they are engaged in. And that is because they resonate to those particular vibrations of the angles and it goes back to their beginnings when their essence began to take a dense form, decide to incarnate. It brought with it that resonance to that particular shape. Does that help? Do you understand?

Q29: I think I do. And I feel there is a very strong connection with mental illness and peoples' abilities in the spiritual world. Can you shed a little light on that subject?

LBs: There are two kinds of mental illness, or even three. It is much more complex than what is even recognized today. What is perceived many times as mental illness, and this is not quite as prevalent today as it was in your past history, when one is hearing voices, for instance, or getting information and sharing that without maybe being discriminate of who they are talking to, they many times are determined to be mentally ill, and in that particular situation that is not really accurate. They are simply able to enter another dimension and be able to pull information and not realize the difference many times between what is perceived as the reality of the planet and a different dimension, a different vibration. And so they are declared mentally ill, and that is not really accurate. But there are those who have chemical problems with their brain, and so the neurons do not fire properly or there are pathways that get blocked and create a situation so that their perceptions are totally not of a logical order, or not one that is accepted on the earth plane. And so they do have more of what you would call a mental illness. It is more of a physical illness, and even though their spirit, their soul, is not connected to that in their earth body, they do have difficulty participating in a normal way and so that is more what truly is considered on this planet a mental illness. There are those also who have completely shut; have put a block up so that the soul has no say. And those present themselves very clearly as what you would see as mental illness. Those are those you see that are what you label psychotic; that have no conscience. And they have blocked their soul from speaking at all. So you have various kinds of what you label as mental illness. But in reality this is all encased in the physical body, do you see? If you could strip the physical body there still would be the essence which is pure. So it is something that they, much as you don your clothes, they are donning a physical body with certain attributes, do you understand? So they themselves, their essences, are not mentally ill;

that would be an impossibility. But the body that they took on may have certain chemical malfunctions, pathways that do not work properly, or the ego does not allow the soul to speak.

Q30: What would be the advantage to the soul to completely shut down that way?

LBs: The soul is not shutting down. The ego simply has disallowed any kind of communication with the soul. And the advantage, of course, is not as you would put it an advantage, but it is something that one may experience in one's incarnation or another for extremes of duality on the planet. And many of you even in this room have, perhaps not to such an extreme as to be declared mentally ill, but to a certain degree have broken that connection of communication between ego and soul and allowed yourselves to do things that now you would be appalled to believe you were capable of. That is why judgment ever for any human being is very futile, because you truly do not know what the reason is for that soul to have chosen that earth body and why it would participate if the ego is such a domineering force. Now many times what may happen is that the soul may truly stay out of the body most of the time when that situation occurs. But then when it leaves permanently it is able to see what has happened and be able to learn any lessons that have been obtained through that experience. And there are lessons that are learned about the duality of the planet. Do you understand? Is that answering your question?

For instance, let us take someone that many people have condemned as one of the most brutal entities that ever was on this planet that you call Hitler. And many wonder what he ever accomplished with this kind of ego that did not seem to be communicating with the soul at all. He is going to be given the advantage of coming back, incarnating, and he has learned without the body that extreme of power, and what detriment it created. And when he comes back he will use the knowledge of how that charisma, that ability to lead can pull many into his field, and will use it then for peace. For an entirely different way of presenting do you see? So he understands more clearly than he would have even understood if he would have only experienced a very small portion of that separation from soul. Do you see?

Q32: But could he have made other choices?

LBs: Absolutely. There are always those choices. And rarely does one come onto the planet being determined to become a Hitler. That was not his original purpose. He originally truly believed through his narrow scope of what life was about on the planet that he was doing a real service to his country when he started his campaign.

Q32: But he also provided much learning for many? I mean his existence impacted millions of other souls and brought learning to millions also.

LBs: Absolutely. And each of those souls had the opportunity to choose what their reaction would be and what their learning would be through their experiences. And many learned and left without having hatred and being shut down within their heart and their soul. And many left with much anger and hatred and so now they will need to reincarnate to experience the opposite pole. All of you have at one time or another experienced misusing power so that you could understand that duality.

Q33: So it is true that whatever emotional state that you are in when your physical body actually dies, you carry that emotional state with you into the spiritual, right?

LBs: That is correct.

Q34: And you keep that until you reincarnate?

LBs: Many times you will bring that emotion back into your next incarnation. That is correct.

Q35: I believe that everything is connected, that there are no real separate souls. There is only just one soul. And if that's true, at least to a conceptual extent, why does the individual entity that we would view as a soul have to learn these lessons for its self? Why can it not borrow continuously from the experience of the other parts?

LBs: That's a very complex question, and we'd like to say yes, and yes, because you do share in the experiences of every other entity on the planet, and of every other incarnation in some form. And that's very complex to try to explain, but that is truly the way that it is. But also there is the identity or the experience of each individual cell of this total body much as your body is. Your body has many, many cells, and each cell has a unique job to do. And that is true of each entity. You came here with your essence having a unique opportunity, a unique mission. And that is all a part of the total whole much as each cell is a part of your total body, do you see?

Q36: The All-that-Is wants to have individual experience; that's how it can expand to the greatest extent?

LBs: That is correct, and the universe and each entity are constantly expanding.

Q37: I feel that everything we are talking about, whether it is karma or life lessons, is really about transforming the energy itself versus someone making a decision that they are going to let go of something, such as thinking or feeling, "I'm going to let go of being this way." I have made decisions along the way that were influenced by different healing modalities or different people I would run into, but whatever, the energy got transformed. It wasn't a mental decision. For example, my stepfather was so abusive, but there was a forgiveness process we went through, there was a transformation of the energy that I had, the perception I had of this man, because this man was my greatest teacher. Because of what I went through, he gave me the opportunity to transform all this energy into compassion. And I think I have a depth of compassion that I could have never had if that man had not been playing the role that he did in my life.

LBs: That is absolutely true, and that is why we are saying that no judgment is ever valid, because each entity chooses a particular script, a particular drama to play out, but the dance is always there. So, when you incarnated, you chose the dance with your step father, and he participated in that dance. And as you began to transform your energy, as you said, the dance changed, your perception changed. And as your perception changed, you began to recognize that the dance was more of your choosing, not someone else's choosing.

Q: I really do see that.

LBs: And as you can see that, then the expansion becomes greater and greater, and you begin to recognize how intricately involved you are with the universe. How every thought you have ripples and affects every being on the planet. And that's what, as you say, the forgiveness – that is why so many of your masters talk about compassion and forgiveness, and love, and all of these gratitudes; those are expanded emotions, so to speak, or expanded energies. They are more of an energy. Those particular things are more of an energy than they are of emotion. Joy, gratitude, forgiveness – those are more of an expanded energy. And as you participate and

learn to become a part of those energies, then clarity becomes much greater, and you begin to see what the dramas are all about, and your perception completely changes in the blink of an eye. There does not have to be any intellectual understanding.

Q38: What comes first; the shift in the perception or the transformation of the energy?

LBs: It is the transformation of the energy that allows for the shift in the perception. That's why we are trying to give you tools that will work with your energy. Because when you begin to learn to use these tools, and you create balance within yourself, and much as we were speaking about, the blocks they may not be just one chakra. It may be blocks that are involved in your entire field – your whole auric field. And once you can begin to use things that will shift the energy, then that can help remove the block and the perceptions then will totally change.

Q41: Thank you Light Beings. Is there anything you would like to say in closing?

LBs: We would like for each of you for the next week or so before we meet again to work with the ideas we have talked to you about with sound, and with trying to start recognizing what you resonate to. Expose yourself to as many different sounds as you can in the next couple of weeks, and make notes, and be very aware of what resonates where in your body, and if you feel a place in your body that it does not resonate, see if you can then open to what block may be there that is keeping the resonance from being throughout the entire body.

Q42: So we are looking for dissonance as well?

LBs: That is correct. So be very aware, and then we would like for you in the next meeting before we begin to speak with you, for you to share some of your information you come back with. It would be to your benefit, and you will find that you will learn much from it.

Q: Thank you.

LBs: Thank you.

[End of session]

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