

Joyce centering out loud: "I surround myself and the group that we have here tonight with the Christ Consciousness and the White Light from within and from without. I ask that my personality and my ego step aside so that I may be a clear vessel for information to come through. I ask that the information come from the highest source possible, and that this information be for the benefit of any who hear or read it. And I thank you in advance for the information."

Light Beings: Good evening!

Group: Hey, good evening.

LBs: We welcome you. It has been quite some time since we have seen this gathering and we are pleased to be back in the presence of so many of you. We hope that you will relax and your energies will join to find the kind of answers that will be of benefit to you tonight. So let us begin with our first question.

Question #1: I have a question. I have heard that Meyer Baba on occasion would actually physically beat some of his disciples, not out of anger, but he saw or felt that this is what they needed on their journey as a part of their path or their approach to greater awareness. And I've also heard that it's pretty prevalent in the Chinese tradition. Could you comment on that?

LBs: It is difficult for you as an American, so-to-speak, to understand somewhat the cultures of other parts of the world because many of you have blinders on when it comes to the ways of others. It is very common in many cultures for one to express themselves in an emotional way, and it does not appear to be cruelty to them as much as it would to someone in the American culture because that is what they have done for many, many, many, many generations. We do not comment on whether it is significant or not. It is simply another way of communicating, and it is in certain cultures very acceptable. And in your Indian and Chinese cultures this is the way. It is not uncommon for the person that is running a business, for instance, to slap an employee. So that is simply another way of existing, and it would be beneficial for you to open your mind and open your vision to the many different ways that entities may exist on the planet because ultimately you are one. And so, the more you can understand that there are many ways of expression, the more accepting you are going to be of others. Do you understand?

Q2: Was it helpful for him to receive that kind of treatment? Did it gain him greater awareness?

LBs: Because it is a part of their culture, it was acceptable. And yes, it was a way of breaking the energy field so that they were more aware of where they had basically stepped off the path so-to-speak.

Q3: When one is engaged in the political process how can they keep themselves centered while they're in the midst of an ideological battle, or dealing with others who have different opinions that are very emotional? If someone is trying to walk the spiritual path but feels the need to be involved politically, how does she keep herself from getting caught up in the whole polarization?

LBs: Yes, this is not so different than the question we just answered. The only way that one can walk the spiritual path is to discard the idea of separateness. And in your political arena that is impossible. So the only way that you can walk the spiritual path and still be in the political arena is for you to set aside your ideas about what should or should not be in the various ideological ideas that are presented and see what is coming from the heart. If one is speaking from the heart the separateness will not be there, it merely adds greater depth. And the individual will be able, then, to communicate at a level that does not necessarily need words. Do you understand? [Uh-huh] And you will know if a candidate or someone that is involved in the political structure is speaking from the heart if you, yourself, are centered. But that is the only way you can know, because if you decide that you are going to get very involved in one side or the other in their ideas, then you're immediately creating separation, do you see? So it's a very difficult path for you to walk, but it can be done if you always speak from the heart and you are very aware of the energies of those that you are working with. And if they speak from the heart, obviously, they are going to still have certain ideas that they want to present, and within that there is separateness. So it is very, very difficult, but possible if you really have that desire.

Q4: OK, continuing, is this something that I should personally be involved with? Is this something that is beneficial for my evolving? Is it something I should steer away from? Any thoughts or information would be appreciated.

LBs: Because you are intrigued with the idea of making a difference it has drawn you in, and now you are beginning to see that it is not quite so easy to take those ideas and manifest them through a political situation because you are dealing with energies that are many, many times pulled into the arena because of the need for power, or because the ego is doing all of the talking. And that is what is disturbing you at this time. But if you can stay centered and always speak from the heart, your very presence, your being can be of an influence and perhaps create such an energy that those that you are working with may get a glimpse of a different way of proceeding. So we are not saying to you do not participate what is out in the world, because that is how you do make social change. But the way you make it is by yourself being centered and by yourself speaking from the heart with the ego not running the show, but shaking hands with the soul. Do you understand? [Yes] And then you are going to be able to send out that energy to others, and that will be much more influential in their behavior, then, than any words you can speak.

Q: Thank you.

Q5: In dealing with the public, I've found that I have a tendency to pick up on negative energy that I come into contact with. Can you give me some suggestions on protecting myself?

LBs: We do not use the word 'protection' because that very idea of protection brings in, then, the idea of fear. So, what we would like for you to understand is that when you bring in negative energies it is because there is some sort of issue there, within your own being, that you are allowing to be stirred in some way so that your energy field is not.... how can we say this so you will understand? There is a difference in projecting light than trying to protect yourself, do you see? [Yes] So if you do not want to bring the negative in, or what you call negative, then the way to avoid that kind of energy coming in is for you to be light so you are mirroring back to them light, do you see? [Uh-huh] And if you want to transmute that energy so that... Many times what you perceive as negative is simply that you're not reading what truly the person is trying to say.

And so, one way to transmute that is by surrounding yourself with gold light, and then what comes to you will be more transmuted and you will get the essence of the person instead of, perhaps, something that is not of a pleasant nature. Do you understand?

Q6: Yes, but if that individual has an illness and I'm picking up on their pain, does it also work in that instance?

LBs: That is a different situation. There, you may be more empathetic and be able to pick up the vibration of the pain, and so there you would need, perhaps, to surround yourself with lavender or violet to help the pain not enter your energy field, because you're not helping the person by you pulling the energy of the pain to you. You can be of much more help to them by surrounding yourself, and perhaps also surrounding them with lavender or violet to raise the vibration of what you are feeling.

Q: Thank you.

Q7: Are there those among us that are ready at this time for a physical ascension?

LBs: Those that would be ready for a physical ascension at this time who are of such a vibration that they could truly physically ascend have chosen to be on the planet at this time for the purpose of service. And so they would have no need to ascend because they would have the vibration that would have allowed that from the beginning of their incarnation. You have someone like, for instance, Sai Baba or some of the other avatars whose names are not quite as well known who could transcend if they wanted to physically, leave their bodies. But they have no need because their purpose is to be of service. Those that are of such a vibration would not...in other words, they can leave their bodies at will anyway; do you understand? [Yes] So it would not, there would be no reason for them to do it if they were here for a service. But no, there are not those...there are many new so-called New Agers that think they are ready for physical ascension, but much of that is, we will not say ego, but we will say that they are not really realizing why they incarnated in the first place.

Q8: Would they think of that as an escape from their service here?

LBs: Very possibly that is part of it. Part of it is they simply do not recognize the reason they incarnated into a physical body. They haven't quite got it yet, what their mission is.

Q: Thank you.

Q9: I've met people among us who are so enlightened, or have done what they came here to do, and perhaps they're so enlightened that their vibrational level is such that we don't even see them, or we aren't aware of them.

Q: Ghosts?

Q9: No, I think we could see them if they wanted to be seen. Maybe it's like they're doing a service...I'm not sure...

LBs: Yes, we understand what you're asking, and the answer to that would be that is a part that certainly is possible for those that are of such a vibration to not be seen, but it's not a common occurrence. It is very possible for those that have reached a certain level of spiritual growth to be able to move from one place to another [...], be able to physically be in one place and yet be in another, and someone recognize that being. So that is possible, but it is not a common occurrence because there is no purpose for it. It is much easier to accomplish what is needed to be accomplished in a physical dense body when you're on this planet. There's no real reason not to stay in the body, do you see?

Q: Yeah

Q10: I read on the Internet from some other channels that this month of April 2004 is going to find us in a new, quicker infusion of vibration. Do you have an opinion on that?

LBs: Actually, it has already started. Most of you have been feeling in the last probably three to four days a little more of a confusion, a lack of clarity, difficulty being focused, and that is part of the beginning of this as you call it 'infusion' of energy. You are going to find that once you adjust to it, this confusion or dizziness some people are even experiencing, their equilibrium being a little bit off... Have any of you; are some of you experiencing some of these kinds of symptoms?

Group: Yes, ah-hah, etc.

Q11: Extreme Tiredness?

LBs: That will be part of it, yes, if you are fighting the energy. That will be part of it. The easiest way for you to get through this period with the least amount of physical interference is to be sure that you drink a lot of water. It would be very good to keep some by your bedside, even drink a full glass as soon as you get out of bed. That will help to balance you somewhat. Another thing that will help is to as much as possible be involved in nature to stay grounded because as the vibration changes there is more and more of a tendency to not be grounded. And so it is very necessary that you make a concentrated effort to stay on the planet consciously while this is going on or it could create some physical uncomfortable feelings or even some nausea, or as we said before, some confusion, lack of focus, and also some irritability, finding yourself getting very irritable at things that really normally do not frustrate you. Have any of you noticed that happening?

Group: [Many yeses and laughter.]

LBs: Yes, so all that means is you are not consciously staying grounded. So make a conscious effort to be aware that you have a body and then drink plenty of water. That is very necessary for this next period of time.

Q12: Can I ask a question about the water? Is it more advantageous to drink tap water and should we avoid distilled water?

LBs: Distilled water is not as much of a disadvantage. Obviously you're missing a lot of your minerals in your distilled water, things that your body needs for grounding. And so if you

drink distilled water you're going to need to replace some of those minerals you're going to be missing, but it is better than to drink some of your so-called processed water with all of the different chemicals that have been added. So it is the lesser of the evils.

Q13: What would be ideal?

LBs: Ideally would be purified water that has not been chemically treated, and there is not a lot of that unless you have, are using a filter or some kind of mechanization that clears the water.

Q14: [Unclear question about changing the molecular structure of water with symbols or words added to it?]

LBs: There's quite a bit of information now out about changing the molecular structure of water, and there's also products out that can be purchased that can do that sort of changing, and it that does definitely help with the absorption when you drink the water. So it is of benefit. There are many different ways that you can purify your water now that is beneficial to the body.

Q15: What can you tell us about the reintegration of our soul designs?

LBs: The reintegration of your soul designs?

Q: Yes, calling in the aspects.

LBs: As you begin to adjust to the vibrational shifts that are now beginning to happen more and more frequently, it will make it easier for you to, because there is absolutely change in the DNA structure even in the body. And so, it will make it easier for you to remember what you actually, what your purpose was originally, and what your essence consisted of originally. And so, I'm assuming what you're speaking of is putting all the pieces of you back together that are of your essence. [Yes] And the way it's going to make it easier for you now is that you're not going to be of, the body is not going to have the same density as it has had in the past generations of entities, and so it will be easier for you to use subtle energies to help you remember and to help you balance. And the more you can become balanced in your energy fields and what you call the Chakras, the more you can become balanced, the easier you're going to be able to integrate your true essence and remember what that essence is. And it will be easier for you than it has been in 250,000 years. So you're in a very exciting time in that respect. Does this answer your question?

Q: Yes, thank you very much.

[Break]

LBs: Welcome back. The energy feels a little bit more subdued than when you first gathered tonight and it is also more integrated. Do you feel this?

Group: [Many yeses]

LBs: So, the group has now formed its own energy and you should find that the questions will flow much more freely, and the information comes through more easily now. So, we open for questions.

Q16: I believe some of us have other selves in parallel universes that are doing work somewhat as we are doing, including work that we haven't been able to get to or do yet, and I feel additional soul retrieval for me would be helpful as it aligns and balances me. Is there a reason for the work in the parallel universes not being in sync, not all coming together until we are ready to transition?

LBs: This gets to be a very complex kind of information, and many times we have said before that it is very difficult to express in your language a certain concept, but we will make an effort to try to speak on what you are talking about.

Your soul that you brought in with you in this incarnation and has your essence within your dense body is always connected to the greater spirit, and so [...] another piece is not a good way of expressing it perhaps, but much as a tree has many branches, your essence is more than just the soul incarnated, do you understand? And so, this essence may be participating in, as you say, other parallel universes. It may be participating in other dimensions. It may be pulling from other reincarnational lives, do you see? Because you have very narrow concept about what your quote "time" is about. If you could see the entire universes that are available to even your consciousness you would see that the time line that you have set doesn't exist in the way that you perceive it. And so what you perceive as linear, reincarnated lives, all of that is a piece of, each life is a piece of your total being, do you see? Are you following what we are saying? [Yes] And so, yes, there can be parallel lives in other dimensions, other existences. And, also, you are living simultaneously each of your reincarnational lives, and that gets to be overwhelming when you try to grasp that. So don't spend too much time in contemplating or you may end up in a place that you may not want to be, very confused. [Group laughter] But that is a general concept that we hope answers your question. [Thank you] To further that just a little bit more to help you understand, you go through periods in your lives when you are drawn to certain cultures. Have you noticed that? [Yes] And that is the time you are drawing from particular incarnations, usually. Or you are drawing from a parallel life where another part of your essence is living in that culture. Do you understand?

Q17: In different times, maybe?

LBs: Perhaps in a different time, perhaps in the same time you are living, perhaps not the same age. It gets very complicated, and once you understand there is no separateness, it becomes much easier for you to understand.

Q18: So in this incarnation, how can we know, and how can we tell when we are balanced?

LBs: How do you know you are balanced? You mean on a moment to moment, or is that what you're asking?

Q: In the lifetime.

LBs: Yes. Rare, few entities are balanced all the time. It's almost an impossibility living on the earth plane with the density and the polarity that you work with for you to remain balanced every moment of your day. And that's why it's important for you to be aware of your centers, to be aware of how to read those centers, how to quiet yourself, to center yourself, and find out where your imbalances are because on a normal day-to-day your energy field changes almost every second of the day depending on what thought patterns you are having, depending on what energy fields you are integrating with, depending on what your physical body is doing. So there are many, many, variations of what affects your balance. And it is extremely important for you to get in touch with how to balance, and to get in touch with recognizing and reading when you are in balance. Do you understand? So the goal is not so much to try to- to make an effort or to work at being always in balance, but to work at recognizing when you're not in balance or when you're really out of balance enough that it is affecting your energy fields. Do you understand? So, there are many, many, many tools available, more every day that you are becoming aware of that will help you with this balancing. But for you to think you're going to remain perfectly balanced all the time, that is a very difficult goal to achieve if you continue to work in the world. It is much easier to be a monastic and stay balanced. That's why it's very good to learn some of the tools that are available, so that you can work with those because no longer...the vibration has raised to the point now that it feels like your time has collapsed, is that not so? [Yes] And so, the idea of living a monk's life is no longer the way. The way to be able to exist in your day-to-day living and still be able to have that internal contentment and balance that is of the monastic. It just simply is going to require you becoming aware. Open the heart and become aware. Stay in touch with who *you* are. Once you find your essence and you know you recognize it again and you know who you are, then it will be much easier to stay in balance.

Q19: I always hear words thrown around such as "find out who you are," and "recognize your essence". How would you define for someone who hasn't found their essence- and words are difficult I know- how would you explain to them what that essence is so that they would know it when they find it?

LBs: Do you know what it is that keeps you from knowing what your essence is? It's your belief systems, your attachment to patterns, and codes that you have been programmed with since you incarnated. And until you are willing to look at, and recognize what these patterns and codes are that you have taken on that are not of your own being, are not of your essence...in other words, much of who you think you are is who you were told you were as a child. Do you understand that? And so until you are willing to strip away all of this who you think you are, and be willing to see who you truly are, and not be afraid of that, then you cannot get in touch with your essence. And the way to do that is very simple. If you will ask yourself at any moment in time, "Are you in joy?" you will know you are in touch with your essence if the answer is "Yes." If the answer is "No" it is because you are living out someone else's idea of who you are. Does that help answer your question? [Yes]

Q20: And once I'm in touch with my essence, is that going to make it easier to realize my life's purpose?

LBs: Once you are in touch with your essence, your soul, and you learn how your soul and ego can work in unison, then the next step of knowing what your soul's purpose is, is easy. It will become very apparent to you because then you have stripped away what has prevented you from

seeing what your purpose is. The only thing that keeps you from recognizing your purpose are the blinders that you have on because you have been told who you are instead of remembering who you are.

Q21: But can't you fool yourself into thinking that you know what that purpose is, and it's not really so?

LBs: Absolutely. And, again, the way to get to that truth is to recognize when you are even thinking about what you think your purpose is to check into the heart and see if it is full of joy, and if it's not, you are not walking your path.

Q: Thank you

Q22: We have an Aztec and a Mayan and the Toltec, and maybe several others of these calendars that end in 2012. What is the significance of that?

LBs: There are many, many writings, much, much conversation, many, many ideas and theories about what that is concerning. And some of the theories are coming much from fear, and some of them much from wishful thinking. Much of what you are hearing and reading is predicated on the peripherals of religious ideas, the Revelations, the coming of the end and so forth. But actually, if you were really able to understand- and of course there are so many thousands of years between the times of the calendars and now, recognizing and trying to interpret; but you would find that much of what they were referring to were cyclic revolutions of the energies of the planets, and the shift of the consciousness or the vibrational levels of the planets. So, it has a lot to do with a shift of the vibration which is what you are feeling, but it is not going to be the - , it gets so complicated in being able to even express this in words because you have so many myths, so many fairy tales, so much around, surrounded through various religious sects that have ideas about the gods and the various beings that are involved in this "end of time" so-to-speak. But it is simply a matter of the universe runs in cycles, manifests itself in cycles of expansion in a way of a spiral, do you understand? [Yes] And you simply are going through another spiral, another evolutionary spiral. And so you're going to see a massive change in consciousness, and this is what the calendars were predicting, was a change in, was a spiraling up so that you're on a diff...how can we, if we had something to be able to draw for you...you have, for instance, you have Atlantis here [The LBs are using Joyce's arms to try to show us a spiral and one point on it in relation to other points on it] and then it spirals around, and you have what you call a darkness or a period of unenlightenment, and then you have another period when you are more enlightened and then it spirals around again and you have more of your darker periods and then it spirals around to enlightenment, but it is becoming more and more, the vibration is becoming a higher and higher frequency, do you see? [Yes] And so we are... you are now seeing the earth participating in one more spiral and the vibration is now greater. And it is a consciousness raising, do you understand?

So it is more of an unseen happening than a seen happening. And because the Mayans and the Atlantians were on this part of the spiral [she continues to use her arms], they recognized what could happen as the spiral progressed, and were able to see that every so many thousand of years it would be at another level until it had reached a certain revolution, so-to-speak.

Q23: Is the consciousness being raised because of the spiral up, or the other way around, because we are raising the consciousness first?

LBs: Because the vibrational level of the frequency is changing, and so you are not so molecularly dense. And so it makes it easy; subtle energies are easier to influence a less dense being.

Q24: Why is this, that we are less dense?

LBs: Because of expansion of all the...all the universes are continuing expanding.

Q25: Not just this universe?

LBs: Correct.

Q26: So with all this expanding, is it really even necessary to work for social change or do anything that will try to help people evolve, or try to educate people about issues or whatever, or is that just something that is going to happen anyway, and we just sit back and enjoy the ride? Because I get a little bit caught up in that, and I think if I had it my way I wouldn't worry about it and do other things. But there's a part of me that thinks I should be involved in this process to move the world forward, or whatever my idea of what forward is. Can you comment on that?

LBs: The earth plane is a plane of polarity and so you're always going to have that polarity. And you are determining whether you want to be more [of the] light, or less [of the] light. And so it is of your nature if you are of the light to want to be able to expand that light, to give that light, and that's why you feel the need to go out and do things that you see as helping others to change. In reality each entity has certain lessons it is going to learn by its own choice. And some of those lessons, they are going to be chosen to be learned through a less dense or a more dense situation, a darker or a lighter situation. So you're always going to have on the earth plane pockets that you're going to see as dark, or negative, or not desirable because that is the way of polarity. But it does not mean that you should not shine your own light, expand your own being. And that's how you influence, not by preaching with words, not by declaring war. Because by declaring, you're bringing war-- you *are* war. If you are fighting for peace you are war. So the only way you can truly change the social order of the planet is to become a balanced being, and then everyone that shares your energy fields will change. Do you understand what we're saying? [Yes] So it's important for you to change, and not as your religions say, put yourself under a basket.

Q: "Shine your light."

Q27: How come you said "become a balanced being" and shine your light, and not "become a balanced and loving being"?

LBs: If you were to go around this room and ask each individual to give a definition of love it would be different because you have so many ideas about what love is that we don't touch that word. [Group laughter]

Q28: I'm glad I gave you the opportunity to clarify that.

LBs: Yes

Q29: Is the raising of the consciousness putting us into a higher dimension as well?

LBs: It's so interesting why the earth entities have to put a label on things. They always want to know what dimension, or what... There's always all of these labels, it's even like when you talk about the "7" chakras as if they're little separate being parts in your body instead of being a blend. And it's the same way with the dimensions as you say. Yes, it is raising the consciousness into a different vibrational level, but to say you're going to be jumping into a different dimension is not truly accurate. You have many fields around you already that you participate in. You have your astral, your causal level, you have your mental body, you have your... until you go all the way up to the Isness, the All That Is. And so how can you 'change' the dimensions in that respect, because you're always joined with All That Is? Do you see? So, if you really wanted to label it, yes. You're changing dimensions, if you want the label 'dimensions', but that's sort of like your labeling 'incarnation.' It's the same thing. It's just giving something.... making it a little easier for you to understand, that's all, because the All is One And The Same in the whole scheme of things.

Q30: Is there anything you'd like to say on your own behalf here, Light Beings?

LBs: We're very pleased to be once again being able to join with a group energy. We hope that if you meet again that you will be able to continue working with ideas about learning to live your life in a way that you came here to experience, and that is one of joy and expansion, and to give some consideration in the next month before you come back to how you can participate in learning to do that, and then share what you learn. That is a great way for you; ask how to make a change. One of the ways you can change things around you is sharing information in a way that people will understand without your, should we say... What has happened up until this particular time on your planet is there have been shifts and changes through various concepts and beliefs, but then it becomes rigid, the beliefs become rigid and separateness begins. And what now needs to happen for there to be tremendous growth is for there not to be the kind of solidified belief systems that have happened in the past once you have grasped the concept, but for it to remain open and flowing and changing as you change, and for you to share that information in a way that does not make people feel separate from you. Do you understand? [Yes] So if you can give that some consideration in the next thirty days and experiment with those that you care for and love as friends and family. But instead of presenting it as some kind of "New Age" idea, present it in a practical manner that can be accepted by those that may not have your belief system. Do you understand what we are saying? And then you will begin to see some major changes in your family unit, with your friends, and in your employee-employer relationships. If you can learn to take away the labels and just share the information. Does that make sense to you?

Group: Yes, it's very helpful

Moderator: Thank you Light Beings, thank you for being here tonight.

LBs:           And thank you for joining us.   [End of session]

(Joyce nearly died in July of '03 and it took a while for her to recuperate enough to continue the readings, which explains why 10 months passed since reading #31.)

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