

Joyce: "I surround myself and this group present with the White Light and the Christ Consciousness. I ask that my personality and my ego step aside so that I may be a clear vessel for information to come through from the highest source possible. I ask that this information be for the benefit of any who read or hear it, and I thank you in advance for the information."

Light Beings: Good evening, and welcome.

Group: Good evening.

LBs: The energy is very strong tonight and more cohesive than it might have been in the past. There is a lot of, should we say, higher energy that is here among many of you, and you will be able to receive information that can be of great benefit to you in the next coming few months in some of the transitional energies that are going to transpire. And you will be able to understand and handle some of this transitional energy in a way that will be easier by simply understanding the information that you will receive this evening. So please feel free to ask questions about any area of your life that is at present confusing or not clear for you, and perhaps you will be able to then see a better way of using your own energy to facilitate an easier transition, because in the next three to six months there is going to be some real vibrational changes on your planet.

Question #1: I feel that the ongoing earth plane vibrational changes are causing me difficulty in communication with both groups and individuals. I've worked at being grounded, but it seems like every time I try it to communicate something, the communication comes back and it's very confused and scattered.

LBs: That is a very good; some good information for us to start with tonight, because first let us say anything and any of you as individuals are experiencing is because those areas in your life that up until now you have either ignored or not in some way been willing to work with, to create a better way of dealing with. And so, for instance, you say you are having some trouble with communication, and may we say one of the reasons for that is because you are not truly communicating with self. And this is what happens many times when you have an 'issue' now, is it is not 'out there', it is an internal thing that you have been in denial of. And you have the ability to receive information for yourself, to actually get information from a very clear source, but you do not allow the communication to come through, partly because of fear, partly because you do not believe you have that capability, and partly because you are too busy in the head to allow the heart to open and to receive. And so, you are therefore mirroring that outside of you and the communication becomes garbled with others. Do you understand what we are saying?

Q: Yes, very frankly.

LBs: So if you can look at that very clearly and begin to allow yourself to communicate with your essence, with your soul and the Source, then you will find the communication external to you will become much easier also.

Q: Ok, thank you.

Q2: I think you gave emphasis a few minutes ago to the *real* vibrational changes that are going to be taking place in the next few months? How is that different from the vibrational changes of the last several years? Is push going to come to shove because the soul wants the personality to address its issues? Is that what you mean?

LBs: There has been enough of a shift now that it will be very difficult for one to ignore what is actually transpiring within their own being as well as externally. And if you will think of a spiral, there is always a higher point and then it continues to go...so it is at one of the higher peaks in the next six months, a higher peak before it makes its turn or its path on its way upward at a higher peak right now. It's difficult to explain in words, we've always had difficulty explaining to you how the vibrational field is shifting. But it is also going to show itself in the earth plane through...you're going to see more upheavals as far as, perhaps, some earth changes or some earth upheavals. That is going to transpire especially where there are pockets of people, of entities that are not interested in raising their vibration. So that will...you will see that happening.

Also, within your individual beings, if there are issues that you [are] totally ignoring that are keeping you from the connection, those are going to be up for you in very large letters. You will not be able to ignore it. It will come to you many times through others. So you will tend to blame the situation that is surrounding you on someone else if you aren't careful. So it's very important that there is total responsibility now for what happens to you within your own self. You do not look outside of yourself for reasons. Do you understand what we're saying?

Q: Yes

LBs: It is a time for total responsibility.

Q3: I don't know if this has something to do with the energies right now. I'm sure it does, but I'm feeling like I'm living in a dream right now, kind of like I'm outside looking from a different place, looking in on something. I have problems remembering things. I'm kind of scattered and I feel like I'm really making a big ...of something. I'm not sure what it is. But I'm feeling there is a big change especially within myself. And I feel that sometimes it's like a dream and it's not really a part of me, and I'm observing everything and I'm taking notes a lot.

LBs: Yes, and this happens; if you will look back at your last, more or less, quantum leap when you made some real decisions and made a jump forward? You probably experienced that same kind of detachment, that same kind of not being quite plugged in because you're between both worlds so-to-speak. You're not quite there yet in your decision-making, the decision to make the quantum leap, to jump the abyss. But you also aren't quite in the world that you are getting ready to leave. Do you see? So you are in, not limbo, but in a state where you're truly not plugged in to your future or to your past, but to what is going to be is beginning to take form, and as soon as you make some definite decisions about several things in your life, that at this present time you're sort of walking around, not wanting to deal with...As soon as you make those decisions you'll find that you're beginning to plug in again and some of those sort of irritations of not being able to remember or not feeling like you're 'part of' will go away.

Q: Thank you.

LBs: It's a very quiet group tonight. Are there no more questions?

Q: I have a question.

LBs: Yes

Q4: I feel that I'm not doing enough. I need to be doing 'something'. And then I think I need to learn *not* to do. And so I end up being stuck with guilt and then not doing it.

LBs: Yes, this is something that we see many times with those that are of the light but still have not quite found the way to experience the joy that is a part of being of the light. And so what happens is you know that you want to get out there and to do, as you say, something, or do more, but you don't. You haven't given yourself permission to open to what truly gives you joy because there is some fear around what that might be. You fear that it might not be a choice that will be practical enough for you to be able to have a livelihood, or it will not be practical enough for you to be able to pull it off. And so, you tend to then backtrack, back up and start again maybe down a different path and the same thing happens again because you do not give yourself permission to experience true joy. Once you allow yourself to know what brings you joy and you do not fear it, and even if it comes into your life in little pieces to start with you will begin to sense then that there is nothing for you to do but be. And that Being will carry you into whatever will be the most beneficial not only to you, but to all of those that you come in contact with. Do you see?

Q: Yes, thank you.

Q5: Back to the first question about my current confusion with communication. I understand that I'm part of the process of communication, but it also seems that the messaging on both sides seems to get lost somewhere in the middle, and that things aren't quite connecting between individuals or groups of people. Is that something that is involved with the transformation on the planet? It seems like there are a lot of people talking without really understanding.

LBs: Yes, and we can explain that a little bit clearer also because part of what is happening is you are transitioning into a time when words are not going to be nearly as important as the energy that is going before the words. And so, many times now what is happening, and where some of the confusion is, is that the communication by words is one thing and the communication by energy is something else so there is not the congruency needed for the message to truly get across. And if you will notice where the communications get waylaid or confused in the greatest sense is when one has an agenda.

Q: Yes.

LBs: And that agenda is not clearly expressed both energetically and verbally, that there is an incongruency in that communication. Do you see what we're saying?

Q6: I feel manipulation sometimes from people that have an unstated agenda.

LBs: That may be, and if you are feeling that, then it is very important for you also to survey your own energies and be sure that isn't something that either you have a...you see there are two kinds of mirrors, and this is not always clearly understood, but sometimes there is a mirror that is showing you something that you yourself...it is a part of who you are and you're in denial and so it gets mirrored from someone else. Then there is the kind of mirror that shows you that you have a judgment against something, and that is showing you that there is no...anytime you have a judgment there is an energy attached to that judgment that is not necessarily beneficial to either you or to the party that you're judging. Do you see?

Q7: I see. Sometimes an agenda can be a judgment?

LBs: That is correct. You may have judgment about manipulation. So that is something for you to simply look at, and decide. That is true of anything that you have any kind of, should we say...if you are getting any kind of charge or any kind of reaction to something that is happening there usually is judgment around that.

Q: Ok, thank you, that was an important component.

LBs: Yes.

Q8: I've flown a lot in the last 6 months even though in the past I have had a fear of flying. I recently flew to Miami and had a whole new experience. It was like as I was stepping on to the plane I suddenly felt surrounded by this energy that was so loving and nurturing and a protecting feeling. I worked with it and tried to fill the plane with it. It stayed with me for the whole flight. I felt like there was someone with me and I knew that I, at least not at a conscious level, was not creating that. I was not calling that in. I suspected that someone I know was doing this for me, but when I talked to her later on, she had not done anything. What was that energy? I also felt it on the return flight.

LBs: Yes. You have made a determination consciously to try to be open to your guides, and so any time there is a fear that arises, if you will allow it, the guides will be there to help soften and help you understand the fear. And because you were not consciously thinking about anything at the time you were getting ready to board, it simply came; you began to open to being able to feel that. It is always there for every entity on the planet. If we will only, can only tell you that there is no one on the planet that ever incarnates that does not have loving guides to be there for them. And they can receive information if they are willing to open to it. And you just happened to be in a space at that time where you were willing to open to being surrounded so that the fear was not great.

Q9: So it was my guides?

LBs: It was your guides, yes. And that energy can be there any time you want to call on it.

Q: Thank you.

Q10: You mentioned earlier that in the next three to six months there were going to be a lot of earth changes. I am seriously considering taking a trip to the West coast in the next three to four months. Do you think that would be a safe thing to do?

LBs: Let us make this very clear. When we say earth changes, it can be, yes, some upheaval within the earth body such as a hurricane, or a tornado, or an earthquake. And those are going to happen a little more frequently perhaps, but there is never a reason to fear. You are working with light, and if you do not come from a place of fear you will not find the need to put yourself ever in a position of having to deal with something that is going to be of a great detrimental nature for you. So never allow yourself to walk into a fear place, but stay in that place of knowing you are safe regardless of what your decisions are, or where you're going. You will simply be guided and know for the very same reason many did not get on the plane during the 9/11 experience, you will be guided yourself to know if you stay centered and know you are safe. So you never have to have those fears. Do you see?

Q: Yes, thank you.

Q11: Did you not suggest earlier that earth changes might occur because large, or certain areas or pockets of population are not learning something, are not growing? Why should earth changes be necessary, or needed? To help others pivot, or change direction?

LBs: That was not what we had necessarily said. We simply said there were lots of vibrational changes, and part of that is going to be some earth changes. There have been...there is much that you are doing to your planet and you are being very inconsiderate, should we say, to the maximum in many areas of your world in both polluting it and in sending out a lot of very low vibrations, vibrations that are not of the light. And so, when that happens, the energies accumulate until the earth itself will make some sort of expulsion, so to speak. Do you see? And so there may be light workers that would be in the area, but they will have chosen to be there to help with some transitioning. Do you understand? So it is nothing to be feared. It is simply a part of the cyclic process that is going on with the vibrational changes.

Q: Thank you.

Q12: As we step into our higher consciousness and accept the empowerment of the Source within us, many of the people in our surroundings are moving into reverberation from that growth and they're tempted to anger, or to plug, tap into their energy fields...sort of to be drug along as opposed to accepting their responsibility to do it themselves. Can you give a little feedback on how we might be able to help them more clearly to recognize their own abilities, their own responsibilities, and shift their anger?

LBs: Yes, that is a very good point because what happens many times when one begins to truly connect to the source and to allow the light to be a part of all that they are, there is...many around them that become confused, so to speak, of what they are experiencing because there is change, there is great change many times in the way that person responds. And so the confusion becomes greater, and then fear sets in either due to the fear of loss, or the fear that they themselves are going to be made to make changes. And so there is a lot, as you say, reverberation from that, and then there [are] also those that become what is somewhat known as energy vampires where they do plug into your energy but do not want to take their own responsibility for creating their own light and their own energy. And so, that is something that is...it becomes very apparent the more you become connected. And the best way for you to handle that is for you to recognize that it is only your responsibility for you to remain centered and in contact with the Source, and in so doing, that is all that is needed. You do not need to try to shed light on someone else's need for responsibility, but they will be able to by your very being and your role model, so to speak, be able to see if they choose, if they choose to see how they themselves can then connect and become responsible beings. So there is nothing that you need to do except to be very pure in your own intent when you are choosing a path to go. Do you understand?

Q: Uh-huh.

LBs: So what we're really saying is yes, there are those around you that you would very much like perhaps to see behave in a different way toward you because there is some sort of bond or connection that you do not necessarily want to see dissipate, but the only thing you can possibly do is to keep *yourself* centered and allow your light to permeate *their* energy field and in so doing, there is where the change can take place. Does that help at all?

Q: Yes it does, thank you.

Q13: My father passed a couple of years ago, and he had been trying to sell his house. He'd lived there 30 years and had never had a problem with septic, oil, and all those things. Now I'm trying to sell it, but with difficulty. I sense that my father suffered so much on so many different levels mentally, physically and emotionally in particular, that it made the land toxic. And as you were saying earlier, in those areas the earth will expel or try to purge itself. So now this land won't perk, it's going to have to have a 12 thousand dollar septic system put in, and maybe a new well. The basement is leaking water, and it's almost like a sense of "so many tears that it's overflowing." Even the septic is bulging with nothing in it. It's bulging out around the septic. What is that? What's going on?

LBs: That is very much...you have the energies that went on there for a good long period of time, and a lot of, as you say, pain was invested in that whole area there. And so the energies have been absorbed. Many understand, or think of it as ghosts, but that is not a really true picture. It is more that those actual energies...and once you can grasp this it will be so beneficial for you because you will understand that every thought pattern that you allow in one way or another will affect the surrounding area where you are. And so, your father had a lot of things that you were not present...not aware of that were concerning to him at many different levels, things that had gone on in many earlier years were on, as he began to age, were of great consternation to him; lots of pain involved in it, lots of regret, lots of guilt. And so, a lot of those emotions began to stir and permeate the land while he was still there. And the reason it did not particularly show until later was because he was, his life energy was still holding the energy, so to speak, and once his life energy left the energies were then released completely. Do you see?

Q: Yeah, I understand what you are saying.

LBs: And this is something that is very important for each of you to understand, is that energies are just as potent as your verbal expression, as your physical expression. The thought energies are just as potent. They can't be seen, but they truly are felt by anyone that receives them. And the planet itself absorbs so much of the energies that are thought. That is why you see pockets of the world where there is constant fighting, and have been for centuries upon centuries, because those energies are being continually absorbed and it is creating this pocket of anger and hate and hurt coming from thought processes that went on thousands of years ago. Do you see?

Q14: So in a way I feel peace about having to spend all this money, because I know how potent it can be to clear a piece of land, because that energy radiates miles and miles and miles around.

LBs: Yes. And you can also energetically do a lot of clearing also. And in so doing, clear as much as you can energetically around your fathers'...what your thoughts are around your father.

Q: My real father.

LBs: That is correct, but what we are saying is send him a lot of energies also to help him if there still is any energy connection there, to be able to release that. Do you see? Because he had a great connection to that land, a long period of time there. So, many times when one leaves the physical body, sometimes there is still an energetic thread. And so we're saying send him energy also to help him disconnect.

[Break]

LBs: Welcome back. Your energy has increased considerably since you first came in, and there was a lot of interchange and camaraderie, and exchange of ideas. And that within itself without your perhaps realizing it raises your vibration also, because it means you are more open to receive information from others, and to give information. Your energy fields are meshing more when you are in a more or less social environment where there is not judgment. So, the more you can expose yourself to those kinds of environments, the more you'll find yourself expanding because you are blending with others' energies and also receiving information, even if it's not of a verbal nature.

Q15: As you were saying, release any energy that might still be connected to my father. His best friend who had shared dad's land with him for 30 years and gave a eulogy for his funeral showed up at my dad's house yesterday to lay claim on some personal belongings. Is his energy having anything to do with what needs to be released there?

LBs: The only thing that he is actually, maybe, holding some energy there, is there was a lot of grief surrounding, even though they had their differences in their times that they enjoyed, there was a bond, an unusual bond between the two of them. And that bond has been difficult for him to release, and so he is, perhaps, holding some of the energies there not intentionally, not consciously, but doing so because he doesn't want to let go completely of all of the memories and the experiences. And so he sees that as, or he feels that as a holding on, so to speak. That will gradually diminish, but you can help with that by surrounding him with a yellow or gold light that will help transmute some of that energy that is creating that holding on, and then you might also use some lavender light around him to help him release in a higher vibration.

Q16: I've recently found myself in situations I didn't expect to be and I have felt fear. And while I'm able to watch the fear, and I feel the fear, and look at it, I feel like it's unnecessary. I wish I didn't have to experience this fear. I wish I was able to get out of it, and even though I'm able to look at it and say OK, I'm not dying or whatever, I feel that I'm more sensitive to it right now, and I never know exactly how or when it's going to show up.

LBs: This is exactly what we were speaking of earlier, is that anything that is keeping you from taking that next step forward is going to come up for you. And it might be very helpful for you. Each of those experiences can be connected, actually to a very early experience that you had, and that experience was perceived as a certain unsafe-ness in your environment. And because of that you, then, every time the same kind of situation comes up, the same fear is triggered. And so, you do not even need to know what that situation was, but what you do need to know is that your perception may not have been accurate, and now you as an adult can handle it in a totally different way. So the next time the fear comes up, rather than just observing it and maybe stepping back from it, see if you have the courage to completely move into the fear, and allow you to understand what is actually the seed that is there that you originally planted. Do you understand?

Q: Yes.

LBs: And once you can bring that to your LB awareness these fears are going to dissipate, because you'll be able to see that a child's perception is not necessarily the way an adult needs to respond.

Q17: So this has been triggered. Is this a trigger that goes way back, maybe even to another lifetime?

LBs: Actually, yes, two other lifetimes have been connected to this experience that you early in this lifetime experienced. If you can bring it to your awareness and release it, you will not only be able to heal the earlier childhood issue, but you will be able to heal the other two lifetimes also.

Q18: So embrace it?

LBs: Yes, yes. And it is...the reason you are experiencing this, you see, is because of all the soul work you have already done and you are now prepared to be able to bring this to your consciousness. Until now you would not have been able to have dealt with it. Now you will be able to bring it up, see that it is a pattern, and dismiss it.

Q: Thank you.

Q19: Along those lines, I had an experience like that just this past week. I had some encounters with a person that caused me to feel a lot of fear and I did just what you were describing, I went into the fear and I found the roots of it in my childhood. I worked with that some, but not as much as I thought perhaps I should have. I never did quite figure out how to relate to this person afterwards, and now it looks like I probably won't be seeing this person again to have another opportunity to learn how to relate to someone like that. So to what extent did I clear that fear?

LBs: You cleared it quite a bit. You will have the opportunity to experience it again but in a milder form next time. What happens is almost like the onion, you peel off the layers until you get to the essence of it, and then once you get to that ability to bring it to total awareness and be able to move into it completely you will find it will just more or less dissipate, cease to be, and then when the next experience comes along you may not react completely fearless, but you will become much more aware of the entire situation and begin to realize that you can behave with a different response. And so it will become easier each time, so eventually you will all of a sudden be exposed to a situation that would have normally triggered the fear and you recognize there is no fear. And then with no trigger there, the other person is going to respond differently also. So you will quit being exposed to that particular issue.

Q20: Right. And for this particular issue, is there a way to relate to someone like that?

LBs: Yes, you see, once you have no longer any kind of charge or you no longer connect to that, the energy will not be there to feed the other person.

Q21: Feed their fear?

LBs: That is correct; and because it always is a dance. Remember? That's why we always say you must take responsibility, because it's always the dance. It is never just one energy that is doing the communicating.

Q: Thank You.

Q22: I've been involved off and on for 21 years with a man and I fear this relationship is possibly holding me back in some way, or maybe I need to stay in the relationship. I don't really know and am obviously confused about it. Is there anything you can share with me to provide insight into this relationship?

LBs: Yes, first let us explain that many times one will think that someone is able to hold you back, and that is totally not a reality. So there is nothing that can hold you back but your own fears. If you are attached or have a hook into the other person's energy, or they have a hook into your energy and you allow this, then many times the fear will keep you from moving forward. So, it is not that person that is keeping you from moving forward but the hook that you have allowed either to be with them or with yourself, and when we say hook, that is a psychological need of some kind. You see, no relationship is complete and whole when there is a psychological need. Do you understand?

Q: Yes.

LBs: And so what is actually the fear you are feeling, is you are beginning to grow and shift, and so that hook is becoming real tenuous now, because there has been a psychological hook on both your parts. And now that it is becoming somewhat, not nearly the type of hook that there was, you're beginning to fear that there may not be a relationship. At a subconscious level you are also beginning to fear that, as you say, you can't move forward if you stay in the relationship. And all that is really happening is that you are growing and expanding and releasing and so, the relationship is going to have to change the way it works. Do you see?

Q: Yes.

LBs: And so that is what the fear is, is that change that will need to take place. Now whether the partner will be able to make that shift is a whole different issue that you cannot have judgment or attachment to. You see? So it is simply a matter of allowing yourself to unhook from what might be, what you might have originally felt needy for and as you have expanded are losing that need. And that is why you are beginning to wonder if it stopping you from moving forward. Not that he really is stopping you. Does that help?

Q: Yes.

Q23: Do thoughts come from feelings, or do feelings come from thoughts? Or do they happen simultaneously?

LBs: That's a very complicated question; because it not just that thoughts come from feelings or feelings come from thoughts. Usually thought processes come from two different sources. The bulk of your thought processes come from your patterns and codes that you have learned very early, the bulk of them; belief systems that belong to the culture, belief systems that belong to your parents, belief systems that belong to your peers, your teachers, those that you mentored or were mentored by. That is the original place that most of your thoughts come from. There are rare few entities that allow Source to be open and communicate enough that the thought process is one of connection. And when that happens it is not the same kind of thinking process. It is a knowing. Can you grasp that difference?

Q24: Intuitive?

LBs: Intuitive to a degree, yes. But simply a 'knowing,' it is very difficult to explain that in words. Because it is a resonance to a truth, you see. Does that make sense to you?

Q: Yes.

LBs: So most thought processes are programs.

Q25: [Asked by a psychic] I have been working with several clients who have done a lot of balancing of male and female energy, and I have recognized a pattern that this opens quite a bit of sexual energy in the body which allows more and more for their own information to flow through. Are there other energies specifically that will help the body to receive more of who we are vibrationally?

LBs: The creative energy is perhaps one of the greatest ways that one can receive information. When one opens to creativity whether be to music, whether it be to art, whether it be to dance, whatever opens and allows the soul to express, then that also receives information. It acts as a conduit, so to speak, directly to the Source, so if one centers when one is being creative; and it is very difficult to truly separate sexual energy from creative energy anyway.

Q26: Yes, but what I am expressing is I have been watching the physical change, the body change [Light Beings: "Yes"] with these people, and the fact that their bodies are more receptive. Obviously creativity on all levels is probably the highest ability we can have in the body, but is there anything we can use for our bodies specifically?

LBs: To make the change? Is that what you are asking?

Q27: To allow that vibration to settle easier.

LBs: Yes, The subtle energies, whether it be sound or color or even light can help in that respect. Especially if one is; and there you can help very much in helping with determining, because you're able to read the energy of that person and you know if they need, for instance, to be grounded, or if they need to move up to a higher level of chakras. And so you can help with that by understanding that color, especially, can help with the physical body in that respect, in helping raise or lower those vibrations; and also sound. So both of those are excellent ways of preparing the physical body.

Q: Thank you.

Q28: We speak of "remembering" and then "forgetting" things when we incarnate. But we also learn things at a "soul level", as you have said in the past, that the soul then never has to learn again. But isn't it possible for us to forget what we have learned in one lifetime, and then have to learn it all over again?

LBs: You see, you are still labeling something as a lesson, and it is not necessarily as much a lesson as a way of expanding. Do you see? And so, if one learns anything in a lifetime that expands them, then it also expands them in past and future lives. So that is different than what you look at as karmic. Where you have...there is a little bit of misconception and confusion about karma and what that is truly about. Because one believes in many of your especially new age groups that if you are experiencing a certain thing it is a lesson you are learning because of something you did in a past life; where it may be just simply a way of experiencing so that you can expand. Do you understand that?

Q: Yeah, I can go with that.

LBs: So what we are saying is your question is yes. Yes, that can be, but more often the person is experiencing for expansion, and in that case it is a remembering, but it is not necessarily due to something they have done. You see? So they won't, once they have experienced that,

expanded in that way, they don't have to repeat that particularly, because they have expanded and understand that expansion. And that will be a part of their essence then. Do you understand? So that is why you see sometimes an entity that maybe having a very difficult life in some area, but other areas of their life always seem to flow because in those particular areas of their life they have learned expansion and abundance. It has been, as you say, a lesson. It is something they have learned, an experience they have absorbed into their essence. Where there have been other things that they maybe have not been able to absorb as easily; and so there is more work there to be done. So, a lot of at what you look at in your life as difficulties are truly more a way of making you aware of a need. How can we put this so you can understand? For instance, someone may develop cancer and the way that many look at that is, "What have they done to have to experience this horrible disease?" But what you are not seeing from the outside is that soul is working on unconditional acceptance, and so it is going through many kinds of what you would call...a good word for it would be...It is hard to really explain, but where you would feel that the ego was being bruised very badly because the hair would be lost, and a breast would be lost, and there would be a loss of weight until the person looked very skeletal, and there would be many of these things that would be from the outside you would see, and you would think that this person was having an extraordinarily difficult time; and at one level they would be having a difficult time, but they are leaning unconditional acceptance. You see? And it is amazing then, if you could see the entire picture it would be amazing to you to see how this person is expanding. Are you understanding what we are saying? [Yes] So it is not nearly so much a lesson, and there is definite forgetting. The veil is definitely dropped because you would not be able to deal with everything that has happened before and is going to happen in the future. There would be program overload. So that is why the forgetfulness is needed. But there are certain things that if you learn about and expand you will never have to learn again. Does that answer your question?

Q29: I feel like I am learning lessons again because I forgot them.

LBs: No, you did not

Q30: Would it be safe to say that we recreate experiences in order to gain more from them?

LBs: That is absolutely, that is definitely, because you see, you can have a similar experience but see a different, have a different perception just as we were speaking of the child having a perception. For instance, a mother pushes a child away because she is busy and that child perceives that as rejection and then every time for the rest of its life until it brings it into awareness. If someone pushes it away a little bit it feels immediately rejected. So that's one area of experience that is experienced. But the next life, the child may see a different perception of when the mother pushes it away. It may simply say I will experience independence this time, I don't care that she pushes me away. I'll find somebody else to love me. So it is a different way of experiencing, you see; so maybe the same experience, but a different way of absorbing the information.

Q31. I have a brother who has some very, very serious health problems. What is going on with him? Is there anything I could do to help or?

LBs: One of the things that you could help would be to send him a lot of very blue, almost like a lapis color of blue light to him to help him speak. Part of his health issue has to do with his constantly keeping a lid on what his soul needs to say. Do you understand?

Q: Yes.

LBs: And so, if you can help him open in that respect it will help clear a lot of his physical issue. And the best way for you to do it, because it is not his nature to be told what to do, or to always open up to information; so if you can send the blue light it will help him have the energy that is needed there to be able to speak more or less from the soul.

Q32: I had a relationship about a year ago that ended up being emotionally and energetically detrimental. Is there something I can do to help this person come to some conclusion for himself about me?

LBs: Yes, one of the- again, if you remember we talked about the hooks? [Yeah] There is still a hook, and it is very easy for you to get, to disconnect; and that is simply by centering yourself, surrounding both yourself and the other person in pink light and then seeing the connection there. You can see it as a string, a rope, or whatever you want to see it as and take yourself a big pair of scissors and simply cut that cord. And then again surround you both with pink light and that will help tremendously to disconnect that energy.

Q: O. K. Thank you very much.

Q33: Light Beings, is there anything you would like to say in closing here? I know you said you had some information you wanted to give us in answer to the questions we asked tonight. Is there anything you would like to add?

LBs: Nothing in particular. We feel there is a lot of growth with many of you at this time, a lot of tremendous steps forward, and there is going to be opportunity for many more of you to make decisions to move forward in many ways of the light in the very near future. And so we hope that you will recognize that you have the ability to receive your own information simply by listening, by centering and listening and in so doing trust what you hear. If you will make the effort to, if you are not sure that you are hearing something, then make the effort to do some journaling and check out some of your hunches or our information that you think you're hearing and see how valid it is, and you will begin to gain some confidences then in that you do have a connection yourself. It is very helpful many times for you to be able to have someone else to look to, to get information, *but it is even more helpful to understand that you can be your own receiver*, and as you begin to do that it opens and expands you in many ways that will be of benefit as this vibrational shift takes place, because you will have more of a 'knowing', and less questions.

Narrator: Thank you Light Beings.

LBs: Thank you for being here.

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