

Moderator: Good evening, Light Beings.

Light Beings: Good evening .We welcome you again and hope that you have enjoyed your experiences with your energies this week and would request that you be very aware, as the evening proceeds, of the energies of those within the circle tonight and see how you "read" each of your energies, and then, perhaps, even share at the end of the meeting. It would be of benefit to you to recognize the subtleties, because when a energy is very extreme, it is not difficult to pick up on, but when the energies are rather subtle, it is a little more of a challenge. So use that as your experiment tonight.

Question #1: I'd like to know more about the entity that shows itself as an Indian in so many of my dreams.

LBs: You, as everyone that incarnates, have certain guides that surround you, and some of those guides have been with you for many lifetimes, and communicate with you in other dimensions between your incarnations. This particular guide has been with you for many centuries. And you also have some cellular memory from a past incarnation when you, yourself, were of the Indian race, and so you relate very easily to this particular guide. If you will notice, this guide is there for you when you are feeling at your most confused state, and gives you a sense of not particularly direction, but is there to help you become more grounded. So, if you will become more aware of this presence, and pull in his energies of the trees and the sky, that of the ground and of the earth, he will be able to help ground you when you are going through some of your confusion.

Q: Thank you.

Q2: Tell us more about the chakras and how we can use them, and balance them. How can we use them to grow spiritually--raise them, so to speak?

LBs: There is sometimes confusion concerning your chakra centers because they are energy centers of the etheric body. But they also affect the physical, the cellular body, and so it is of importance that they stay in balance. And it is rare that an entity keeps them in balance most of the time. You will find that there are times in your life when you are using the lower chakras at much greater intensity than the higher chakras, and then there are times when you are working very hard on becoming spiritual and you become ungrounded because you have forgotten those lower chakras. And many times in religious sects, they completely deny the lower chakras, and so they become very unbalanced. And even though they think they are coming from a place of love, and they have worked on opening their heart chakras, they are, in reality, denying the balance of the three lower chakras. And so, for you to become a complete spiritual being, it is necessary that you balance all seven of the chakras, and even some of the higher chakras that are not actually centered on the physical body.

So yes, it is important that they stay in balance, and there are many exercises that can help you keep in balance. Those of you who are finding yourself becoming more and more open to other dimensions, and open, as you were discussing previously, to the energies of others, are especially prone to becoming unbalanced and need to work on grounding yourself with the lower chakras. So, it is important that you recognize that those three lower chakras be kept in balance, or you may find that you are even physically having some difficulty with digestion or elimination, and other areas. So, it is of great importance that you try to keep a balance as much as possible.

There are many ways to balance your chakras. One of them is, of course, meditation, through going through each of the chakra centers and using color. That is also an excellent way for balancing. And then there is the energy of the hands. There are many people who are capable of balancing your energy through using the energy of the hands and balancing the chakras, and that is a very simple method that can be learned. It is very simple to stand one upright, and then the second person starts at the lower chakras and works their way up. They can literally feel the energy and feel when one of the chakras is out of balance and, through circular motion, can continue all the way through each chakra until they can feel the energy-- which is felt as a heat--and then move to the next chakra and continue, and balance in that method. So, there are many ways to balance the chakras. Another way, of course, is if you find yourself in your head and of an esoteric nature, then get out and dig in your garden; do some things of the earth. That also helps to balance.

Q3: You have talked in the past about using colors on the chakras, such as colored cloth, and visualized thought. Do you also include colored glass with light shining through it? .

LBs: Absolutely. You can use all three methods that you are speaking of. The colored glass is very powerful, especially if you use the natural sunlight to come through the glass. That can be extremely beneficial, but again, must be used with thought. It must not be abused or you can become unbalanced by using too much of one color. The cloths that you have experimented with are extremely beneficial for a rather quick balance. If one were to spend ten to fifteen minutes a day using that particular method, they would find themselves energized in a way that would be extremely beneficial to the body.

Q4: Anybody?

LBs: Anyone. Anyone who uses that method would find themselves energized. Of course, using thought is another way, but many have difficulty keeping the thought with the intensity that is needed. So that is the most difficult one. Another way, of course, is using music, because certain tones are in sympathy with certain chakras.

Q5: I've read that as our vibrations are rising, the note or the tone and the color is also shifting, changing. How do we know what the colors or the tones are for each person and each chakra?

LBs: That is not necessarily as you are understanding it. The colors automatically, as you raise your vibration, become more transparent, so to speak, and of a lighter nature, but still of the same value. So it is simply a matter of being lighter, more transparent, as opposed to being a different color.

Q6: Is that why my paintings are so light and transparent?

LBs: As you are becoming more and more--As your vibration rises, you find yourself pulled more to lighter colors in that respect.

Q7: What about looking into the sunrise or sunset and remagnetizing? How does that relate to the energy centers and nervous system?

LBs: That is an interesting question, because there are certain natural phenomena that help balance the entire aura, the entire energy center around one, and enmeshing oneself into a sunrise or a sunset, you pull the energies of all the colors. Even though you are seeing with your naked eye a certain amount of oranges, or pink, or the lower chakra colors, all of the colors

are represented in that sunrise or sunset, and you are breathing it in. And it does help balance the entire body, and it is energizing, highly energizing, to breathe in those types of energies. It is the same thing doubled when you can breathe in that sunset or sunrise over an ocean or over a sea. There is a special energy that is involved in that.

Q8: Is there anything else that we might need to know along those lines?

LBs: As you become more sensitive to energy, you are going to become more sensitive to how nature's energies operate and how they can help balance you--things that you are presently not aware of, as you open, and as your vibration continues to rise. You will become more conscious of, and find that as you are in the presence of certain elements, natural elements, you will feel the energies being absorbed into your own being. And it will become more and more important for you to expose yourself to things such as walking in the woods, or sitting by a stream, or feeling a rock. You will be absorbing those energies, and that will help energize and balance your entire energy system. There are many natural ways, if you will simply turn to them.

Q9: What is the best way to participate and interact with the energies of fairies, divas, and other forms of elementals?

LBs: By being open to them and inviting them in, because they will never, ever make the mistake of coming where they are not welcome. So, even if they may be in someone's field, if that particular entity is not open to them, they will not be an unwelcome guest. They will simply be there, but not interchange their energies with the entity. So, if you want to experience the energies that are not of the physical body, but are still of a dimension that relates to the earth plane, all you need to do is say you are open, and they can be so helpful to you in many, many ways--ways that you are not conscious of--warning you of things that are not of benefit to you, helping you with problems that you do not know how to solve in your dream state. So all you need to do is welcome them, and open your heart. There are many, many energies there that can help. Does that answer your question?

Q10: Yes, and I'd like to hear something more about the energetic interchange between us, here on the planet, the planet itself, and the unseen elementals and angelic realms. What is the big picture?

LBs: It is so difficult to try to find the words to explain what we see as the big picture that you talk about, because it is so expansive that no words can truly describe for you what the big picture is. There are many kinds of energies. And there are many that reside on the earth plane. And they are here for many reasons. Some of the elemental forces that you are speaking of are here for protection of the earth plane itself, and they are here to protect the earth beings, the incarnated beings. They also are here to protect the growing element of the planet.

And then there are those that you call the "angels," or the angelic forces that are of a higher dimension, but are not as you portray them, with wings and white gowns. That's not what they are about. They are of a dimension, of an energy, that is in connection with the earth. And they are always available to help an entity, an incarnated being, if that incarnated being is open to that help. And they come in so many forms, in what you call guides, in what you call angels, in what you call masters, what you call avatars, what you call deceased beings. You have so many names for them, yet they are all one and the same; they are simply energies that are of different vibrational levels. And they have an interest in the earth plane, some of them

because they will also reincarnate at one time or another, but some of them because that is their purpose, to help protect, and help move forward the spiritual evolution of the earth plane and those who inhabit it. So it is a very complicated and yet very simplified flowing of energies, and it is much more of the unification than we can possibly say to you in a verbal way, but everything is connected. There is no separation. And so, it is very difficult to say to you, "Well, that's an angel," because, actually, that energy is simply a part of a dimension that you can't see because of your vibrational level, but it is still a part of the system. Do you see what we are saying?

Q11: A seamless whole?

LBs: Yes. It is very difficult to explain the conceptual energies that are involved around the entire planet, very difficult.

Q12: There is some energy in my home that I can no longer live with. What is the purpose of these energies, who are they, and will I ever be able to live there again?

LBs: The energies that you are experiencing are not of a permanent basis. There is a certain amount of learning that you are given, and if you can open to these energies without fear, and understand, and accept what they are trying to teach you, you will find they are not of a negative, or a detrimental energy, but of an energy you do not understand, and of an energy that you need to recognize and accept. And once you do that, there will be an opening for you to psychologically be able to accept that which is not of your nature, but not necessarily make it a part of you. A good way to do that would be to ask for these energies to show you what you need to learn, and then sit down on a daily basis and write out for ten or fifteen minutes just what comes to your mind. It may not make any sense in the beginning, but do this religiously every day for the first seven days, and then go back and read what you have written, and you will begin to see a pattern of a block that you have. And we will not get into that tonight, but try this and you will find that you will begin to open, and begin to understand what the learning is here. There is a reason why you are experiencing what you are.

Q13: When I first purchased the place, I felt there was something I needed to do. Is that correct?

LBs: That is correct.

Q: Thank you.

Q14: There is a particular color that seems to be significant to me, and I'd like to know why that is, and what I am to do with that color. It is a garnet, burgundy sort of color--and it appears in my dreams many times too.

LBs: You may not want to hear exactly what we're going to say. You are still struggling with unconditional love, and you want very much to be able to open up and feel that unconditional love, but as you experienced early in your childhood, love had many, many conditions, and the darker red is an underlying passion, and sometimes not of the most positive manner. And so, you are experiencing the need to open in a more unconditional way. But that need or that pattern, that code, that you have deeply embedded in your psychological roots, keeps you from being as free as you would like to be in that way. And that color draws that. So, even though you are drawn to it, it may not be in your best interest to focus on that color. It may be that you need to offset that with more of a peach or . . . not even a pink but a peach color. So, when you

are using, or wanting to surround yourself with that color, offset it, if you can, in some way, even if it is through visualization, and see if you don't begin to recognize that when you are drawn the most to that color, there is a contraction of unconditional love.

Q15: The last time it was in a dream, the Indian person--entity--offered me a coat that was that color and said, "You may need this where you are going because it may be very cold." What did that mean?

LBs: No one can interpret the dream for you better than you can yourself, but we can give you an idea about how to go about interpreting that dream.

Your codes, or your deep patterns within you, have told you that for protection it is best that you do not open to the world too easily, that you may need that coat for protection. And so, your Indian is trying to ground you, to a certain degree, by giving you this coat and saying to you that you may need this, because there are times when it is not prudent for an entity to open to those who are not appreciative, and that is what you are struggling with somewhat, is knowing when to be open, and unconditionally open, and when to protect yourself. And it is as we have talked before about the ego and the necessity of that ego--there are times when one cannot open completely to those who are not appreciative of what one is trying to do, or one is putting oneself at risk. And so, that's what he was trying to tell you.

Q16: So, is that part of what you mean about the struggle with unconditional love, knowing when I feel safe to open myself?

LBs: And sometimes you open yourself when it probably is not prudent for you to do so. Not that you should not always be open in the sense of allowing the love to flow out, but one must know when to open themselves and strip themselves bare, because otherwise--and this again, I don't want to mislead you, because it sounds like I'm trying to tell you that there are times you should withhold your love, and that's not what we are trying to say, but--if you walk into a situation and you make yourself completely vulnerable to someone you know is going to abuse that, then you are doing them a disservice because you are stepping into their drama and playing the part that they are looking for, because they are looking for someone to abuse and you allow them that. And you are reading that as being open to unconditional love, but that is not truly what you are doing. Do you understand what we are saying?

Q17: It sounds like you are talking about discernment.

LBs: Yes. And that gets very difficult for people when they first start opening and wanting to be able to let this love flow out. They feel that they should love everyone who comes within their field unconditionally. And theoretically that is what is desired, but you can love someone unconditionally, but not allow them to abuse. So each entity must learn when they can step forward and openly say, "I love you," and there may be times when you cannot openly express that, even though you can still feel in your heart that you are still sending out love thoughts, not fear. But you must still keep your distance, if you understand what we are saying.

Q18: Is there anything I need to know about discernment, as related to where I'm working?

LBs: What you are dealing with in your work environment is of an unusual nature because there are so many unknowns. Even at the top of the hierarchy, there are many things that still have not been sorted out, and are not known, and are changing on a daily basis, with more facts coming in, and more politics coming into play. And so, what you need to recognize is that

you are not going to be able to control certain things in your environment, but you can control where you are coming from. And as long as you treat each individual with respect, and love, and consideration, but do not allow their fears to impede you from moving forward in the way you need to, or allow them to make you feel guilty in certain areas, then you will be able to maintain your integrity and move forward in a loving manner. But if you get caught up in their fears, or absorb things that make you feel guilty, or make you feel you are not doing enough, then you are going to be of detriment, because they will pick that energy up. So, try to maintain as much of a balance within you, and you will be able to move forward with the integrity you need to.

Q: Thank you.

[BREAK]

LBs: Welcome back.

Q19, Moderator: Welcome back. Is there anything you would like to comment on before we continue?

LBs: We will open for questions at this time, and then, of course, we always have a few things that we like to say, but we will make sure that we get those in, so feel free to ask your questions at this time.

Q20: A personal question about a motherly, benevolent presence in her new home.

LBs: Actually, you brought this presence in with you when you agreed to live there. This was not a presence that was already there. But because you had reached a certain point--we will almost say a turning point--you had reached a point in your pursuit that you opened to a kind of energy that is going to--and you did pick up the energy very much in the way of being, as you say, "motherly,"-- you brought this energy in to nurture you through this next period, because there are going to be some trying times. It is not going to be as smooth as you might like it, but she will be there. This energy that you feel is feminine, is going to be there as a nurturer, to help you over these little humps. So feel free to call on her when you are feeling somewhat disturbed about your environment, and some of the frustrations that you are going to experience. She will nurture you, and encourage you to forget certain things, and climb into a bubble bath. She will give you ideas about how to nurture your own self. So, she is there because you asked her to be.

Q21: She's also working with my cats?

LBs: Yes, because she is of that feminine energy, that anything that comes within her field she will nurture.

Q22: Cool. Is she of the angelic realm?

LBs: When you keep trying to put energies in particular areas, that's very difficult. Let us say she is of an energy more of the realm, of the area, where there are many energies, many entities that are very concerned about the earth plane, and many times will come in and help an individual who is working in the Light. So, if you want to call her a part of the angelic realm, she will not feel offended in any way.

Q23: Is she there to help restore the land around the house, as I feel I am?

LBs: She is more there to help restore your spirit needs. And to give you the energy to do what you then want to do.

Q24: Yes. I just wanted to say it's a good thing I didn't try to send her back to the Light, which I felt I was supposed to do. But she's here for me. Good!

LBs: She is of the Light, and she is joining you to encourage you to continue working and moving forward, as you are ultimately knowing you need to do.

Q: Thank you.

Q25: There's lots of literature, spiritual and psychic authorities that all agree that we, here on earth, have created many problems that could 'do us in,' or end our existence here on the planet, and that time is running out, time is of the essence, so to speak. And the Conversations with God books all say that all we have to do is choose to be different, and turn all the violence, poverty, environmental degradation, nuclear problems around. All we have to do is come from a place of love, and act out of love instead of fear. And I feel, from personal experience, and observation of others, that it takes a long time for most people to psychologically and spiritually work through their issues and fears enough to be able to actively move forward and address problems that are bigger than themselves. So we may not have the time. Can you address that? I know you don't predict the future.

LBs: First, let us say there is no time. Time is an illusion. So, when you say, "We are running out of time"--that is an illusion. You can dispense of that fear. And yet, because the incarnated beings believe there is time, it becomes a part of your reality. And that's the rub, because you can manifest anything that you believe in. And so, your doomsayers, the ones who are predicting that we are running out of time, are manifesting that kind of reality for those who buy into that drama. Do you understand that?

But there has been a shift. There are many who have raised their consciousness, their vibratory level, and there are openings that have not been here in the history of the planet. There is a movement that is much like what you understand as the "hundredth monkey syndrome." And you are close to making that quantum leap, so that no longer will there be a necessary polarity. Now, it still may exist in pockets for many centuries, for those who want to incarnate and experience such polarization, but it is very possible that there will be enough beings, entities who are working in the Light, that no longer do they need the mirror of opposites.

Q26: So you are saying it can happen in an instant then?

LBs: Again, you are putting a time on it, but let us say it can happen.

Q: Yeah, but everybody else is putting a time on it too.

[Group laughter]

Q27: I mean, I know it is ultimately illusion, but we've all got a big stake in that illusion, you know.

LBs: But that is an important part of the drama. Do you not see? It is playing into that illusion.

Q28: Yes, I understand. You are creating that, when you buy into time, that we are running out of time.

LBs: Correct. And interestingly enough, your leader made a statement unconsciously, but it was fed to him to say that the war that you are presently in has "no time limit," because he is being fed certain information that he is open to. And that is why the humanitarian effort is becoming a part of the entire picture, why there is much concern about what happens after the Taliban has been disrobed, because there are beings of Light that are actually working through some of the leaders at this time, and they are helping the leaders recognize that time is not the most important factor in this conflict that is taking place. So, there is a lot of recognition of the illusion.

Q29: Yes, but, I've been thinking about all this work that I've done that has taken all this time. In one sense it really hasn't taken any time, and in another sense, if there is no time, if we're all going to be Masters, then we already are Masters, because there is no time for us to get there. You know?

[Group laughter]

LBs: Its part of your drama, and it is not something that you are afflicted with personally. It is certainly a drama that most are very involved with. The American entity seems to be more involved than any other nationality. You are run by your clocks and your watches. You are run by when a certain program comes on. You are run by your meetings and your schedules. So it is not surprising that you have played into this illusion with all of your being. But we are saying to you that ultimately it is an illusion, ultimately you will understand that time is of no essence, it does not matter. It does not matter if it takes you seven or eight lifetimes, or three hundred lifetimes to absorb the lessons that you need. It does not matter if you are ninety or if you are three, and you manage to acquire lessons that are needed. Time is no importance when it comes to the growing of the soul. So that is the important thing for you to remember. So, if you leave this planet, if the entire planet dissolves, time will be of no importance, and you still will exist and you still will be allowed to expand and grow . . . and you still will be safe.

Q30: Yes, I know I am ultimately safe and all that, but what about my body?

LBs: Your body is just a coat you bought for the season.

Q31: Yes, but I don't want it to get torn up! I'm going to take care of my coat.

[Group laughter]

LBs: That is correct, and you should well take care of your coat. But do not be mistaken; there have not yet been the threads that will not wear out. And so, you must be aware that the coat you have purchased will eventually be ready for the Goodwill.

[Group laughter]

Q32: Yes, I understand. Well, that was an interesting answer. That was not quite what I expected, but a lot of times you have surprising things to say.

LBs: Did we answer, though; enough that you are comfortable with the answer and you understand what we are saying?

Q33: I'm comfortable with it to a pretty large extent. But what about all the time I invested in letting go of all these fears? I mean, you've told me that yourself, that I've let go of all these fears, and I've made progress. Well, how have I made progress if I was already there anyway? I mean, how can I get somewhere I already am? You understand? This is the ancient dichotomy, the question--

LBs: We understand exactly what you are saying, and that is the difficulty with words, with trying to express something in words. We wish we could show you, but that can only be done through art, and music, and color, and vibration. It can't be done with words. But what we are hoping you can understand is that each entity that incarnates for experience to expand the soul. That is the only reason for incarnating. Now, each entity chooses different ways to experience this expansion, and some of those ways are not necessarily, to the psychological mind, pleasant. So, understand that if the doomsayers are correct, and the earth goes out of balance, and darkness overcomes the Light, there will not be one entity incarnated that has not agreed to that experience. So it is nothing to fear, because those of the Light will not choose to participate in that drama. Do you understand that?

Q: Yes, I do.

LBs: So you either would decide to leave, or you would not experience the suffering of it. Do you understand?

Q34: Yes, I think so. Basically you are telling me it's not really anything to be worried about?

LBs: Correct. It is nothing to fear.

Q35: Unless you choose it.

LBs: And those who want to live in the Light, those who have made the agreement to participate in working with others through Light, through love, will have reached a certain point that even though there are things around them that are not of their choosing, or not of their pleasure, they will not necessarily absorb those energies. Do you understand?

Q: Yes.

Q36, Moderator: I do. And with that, can you please bid us farewell, and say whatever you would like to say in summary?

LBs: We, of course, could continue this, because this is going very much down the path that we want to help you explore, and it does concern more about the energies, and what you have discussed, or are questioning, has to do with the kind of energies that you are feeling, the kind of energies that you are allowing to come into your field. So, we would like for you, this next thirty days--

Q37: Whom are you speaking to here?

LBs: All of you, all of you. We are hoping that you will take this next thirty days and expand your experiences of energy. Experiment with this energy. And if you find yourself bringing into

your field that which brings you fear, because someone is telling you the countdown is nine minutes 'til midnight,' or that there are nuclear bombs sitting over in such and such country--if you are pulling that into your field, consciously, consciously focus on Light. Focus on surrounding yourself, and sending Light. Consciously understand that you, as a soul, are in no danger, and watch how quickly you can see the illusion, the drama that is being played out. Because all of the experiences on the earth plane are nothing more than scripts that have been written for a great play, and you can be a participant and play in that, or you can be an observer and watch the play. Do you understand?

Q: Yes.

LBs: So experiment with that. Experiment with being the observer. Experiment with being the actor. Experiment with the energies that go with both. Observe the energies that go with when you are an actor in the play, and when you are an observer in the play. And make notes of those energies that surround those two different parts. Also, make an effort to observe the energies that you share with those you are closest to in the next thirty days. Make notes about those energies, and see how you can manipulate your own energy, and see how it affects others. That will be of great importance to you. And then we can start exploring how you can make changes in your world that will ripple out and make changes in the world.

So thank you, and good night, and enjoy your next thirty days. It is a time for fellowship with your families. Share those energies, examine those energies, understand those energies, and come back and share with us. Good night.

Group: Good night.

[End of session]

© 2001 Joyce B. Cary. All rights reserved, except this format of the Light Beings' Group Reading #4 may be printed from <http://www.askthelightbeings.com> for personal use or sharing so long as this notice is attached. Permission is needed for any other reproduction or use.