

Moderator: Joyce will verbalize what she always says before she goes into channel so we can hear it. This centers her and sets her intent for the channeling.

Joyce: I ask that the Christ Consciousness, or the White Light, surround me both within and without, and surround everyone in my presence from within and without, and I ask that my ego and my personality step aside, so that I can be a clear vehicle for any information that comes through. And I ask that we be in touch with our highest sources possible to give this information, and that this information be only for the good of any who read, or hear it. And I thank you in advance.

Light Beings: Good evening.

Group: Good evening, Light Beings.

LBs: We welcome you back tonight, and we feel that the energy is very balanced compared to what it was in your first meeting. Do you feel the difference? (Many in the group say, "Yes", "I do")

We would like for you to become more and more aware, as you go on your daily trek through life, how the energies of everyone you are in contact with are affecting you, and if it is in a balance, or if you feel an imbalance, and if you feel you are effectively making a difference by being conscious of your own energies. So, we will start the questioning now with that kind of thought put forward.

Question #1: I have been feeling a sense of the importance of the bond or the energy, the group energy, that is being created here, and I'd like to ask if you would tell us more what that bonding of our energies together is about, maybe a bigger picture of what we are doing, what the Light Beings would like us to be doing through this.

LBs: Yes, we are very, very happy to be able to share that information with you, because it has been a long time coming. Much information comes through and has been coming through to many, many people, many entities, throughout your planet. A lot of the information is simply used to share with others, and then it is never put into a practical kind of use. So, it becomes something that sits up on a shelf in a book or it becomes discussion with groups of like mind, but it does not get shared with those who need it the most, those who do not understand or have the information, because it is not presented in such a practical manner that it is acceptable. It has become much like your religions are in that it is simply information given to those who already believe what is being said, and that is as far as it goes.

And now what is beginning to happen as the vibrations are rising on the planet, is that information is coming through and groups are beginning to form recognizing the need to disperse this information out into their work world, into their family environment, so that it is used in a practical way to help open others who have not yet been exposed. And that is the purpose of this group, is to form this energy. And you are going to see ways, and you are going to form smaller groups, and then come in and share that information, but you are going to learn about ways that you can take the information that is given and use it in such a practical way that you are going to benefit many who at present are not participating in your way of thinking, so to speak, or are not open to your way of thinking, because you are going to learn how to use energies so that you can expose or open these entities in a way that is not invasive, that does not interfere with who they are, but gives them the opportunity for understanding. But be patient, because it is not going to happen today or tomorrow. It will take some time to form the energy and to get the information together that is needed.

Q2: So, when you say to “form the energy,” you mean the energy of this group? It will become a certain kind of energy or form that will then be able to be shared in the way you just described?

LBs: When you bring together a group of people who are basically of similar vibration, of similar mindset, so to speak, and they have a goal of growing spiritually, which is what each of you desire at a very deep level or you would not be here tonight-- Those, as we told you in the beginning, who decide not to stay and participate are not quite ready yet, but those who do stay, and those who will come in the future, will form a cohesive kind of energy that will help bring information in. One entity can bring information in, but it is not going to be at the depth or the breadth, the expansion, that is possible when a group energy is formed. So, by your forming this energy, you are creating more of an opportunity for the information to come through and be shared. Perhaps an easier way to explain it is it is like creating a better signal because you have a larger tower to receive.

Q3: Group consciousness is generally more powerful than individual consciousness?

LBs: That is correct, and that is what this group is doing; it is forming that kind of energy. Let us say that those of you who will remain in the group will be those who have pure intent to keep the energy as pure as possible for receiving.

Q4: I am very drawn to a stone that I've learned is called Panzonite, a purplish blue or bluish purple stone, and I'd like to know the significance of that color or that stone.

LBs: You are going to find--and when we say “you,” we speak to the entire group in this respect--You are going to find that various stones, of various color, have different vibrations for each of you. For various reasons, you will be drawn to a particular stone. And you are drawn to that particular stone at this time because you are wrestling with a certain portion of you that is trying to open, a portion of you that allows you to experience the more in-depth passion, more in-depth being in touch with the Is-ness of you. And this stone will help you in that respect. If you will either keep it around you, or even find a way to wear it, you will find that it will help in moving you forward in that direction, to help you open more for this experience, because, as we have spoken to you before, there is a slight blockage in that area.

Q5: [A couple of private Qs& As deleted]

One of the things that is difficult for many to understand, and the reason that at even a subconscious level you hesitate to do what it takes to move forward, is that it is not always a comfortable process. Even at the birthing of a child, it is not particularly comfortable. Any time there is growth and expansion, it requires some adjustment, and that adjustment is not always without discomfort. And so, because you are having discomfort, it does not mean you are not walking your path or that you are not receiving the energies that you desire. It may mean that you are receiving it and that you are making progress. There is a misconception in the so-called “new age” community of this particular era that if you have an illness or if you have problems with finances or problems in some other area, it is because you are not walking your path. It may be the exact opposite thing that is happening. It may be that you made a conscious choice to move forward, and in so doing, obstacles are removed. And the way, many times, that they are removed is that you are given lessons, you are given things to contemplate. And it may be something you do not really want to deal with, but it does not mean you are not moving forward. That is a misconception, that once you become a spiritual being, you no longer have the earth challenges. Many times you have more challenges than ever before.

Q6: Isn't it true though, that as you wake up more, the lessons become a lot less painful?

LBs: We did not say that you suffered. We said it could be uncomfortable. That does not mean that you are suffering from it. It is much as a mother who has a child by natural childbirth; unless there are physical complications, it is not comfortable, but she does not consider that suffering. It is such a pleasure to bring this being into her presence that the uncomfortable feeling is accepted.

Q7: Suffering is more one's interpretation?

LBs: That is correct.

Q8: What you just described about the child, that is very much what my life has been like the last few years, because just as I am reborn, I know it is going to be something I don't like, but it is just like finding a pot of gold when you move through that fear. So I'm very grateful for the yuck that is coming at me, is thrown at me, because I know what's on the other side.

LBs: That is the way to handle it best is to be aware that there is a reason why things are happening. And you don't necessarily always need to know what that reason is but to trust in the process. And then, usually, once you have passed on to the other side of whatever it is you are experiencing that is not comfortable, you pass through that and then you can say, "Oh, I see, and I would have never been able to be where I am now had I not had that experience."

Q9. You suggested that using the colored cloths on a regular basis would affect the physical body. Will it also help balance the spirit and the ego?

LBs: When you balance your chakras, you are balancing your etheric body, which ultimately affects all parts of your being: your mental, your physical, your etheric, and your spiritual. So, it will eventually work its way down to your, as you say, "ego." But the ego is more of the personality as opposed to being a energy. It is more how you express yourself. And so, it does not necessarily affect the ego per se, but it may affect the way you manifest or the way you perceive something, so that the ego does not get as upset, and doesn't have as much fear attached to it, because you are more balanced, more centered. So it helps the ego in that respect, but it doesn't actually affect the ego directly. It's more of an indirect kind of thing.

What you are speaking of as far as the colors...Colors are of a certain vibrational level, a certain frequency. And as you go through your day, you are exposed to many colors throughout the day; you are wearing certain colors, you surround yourself with certain colors; and so you may get an overdose, so to speak, of one color or another. And by using all of the colors on the proper chakras, you are simply helping tune your body, so to speak, tuning your etheric self, so that you become balanced, because you are getting exposed and hit with so many other vibrations during the day, and even during the evening, and many times it's not balanced. The one color that does help balance you most is green, and that is, of course, why it is so soothing and healing for you to expose yourself in nature, because you are absorbing that green, which is more of a neutral color for you. It is the center of your chakra colors and helps balance both the lower chakras and your upper chakras. And so, the more you can spend time out of doors and exposing yourself to your natural colors of green, the better balanced you also will become. But that is very difficult for most people in your present work environment and present living environment. Does that help answer your question?

Q10: Yes. But also, if I was wearing a red shirt all day, would I want to balance without using

the red chakra cloth, because I already had a lot of it in me?

LBs: No, you would still want to use it, because you are trying to balance each chakra at the same time, and you will absorb what is most needed; your etheric body will absorb what is most needed.

Q11: The color of cloth is pigmented. Does a light have to be shining on all the cloths at once to provide the balancing effect or does the vibration of the color exist with the light off?

LBs: The vibration does exist, but it is enhanced by light. And if you can use natural or full spectrum light, it is even more beneficial because it is not-- When you use lights that are not of the full spectrum colors, are not a full spectrum light, you are missing the red, and so, you are somewhat unbalancing with that light. With no light at all, it is more difficult for the . . . It does change the frequency of the cloth.

Q12: You need to use the cloths with white clothing on, or no clothing, for the sake of purity?

LBs: Absolutely. You do not want to have any color that is going to interfere. So, either do it with no clothes at all, or if you aren't comfortable with that--although why you shouldn't be would... it would be more beneficial. But if you are going to do healing work, obviously you simply ask one to wear white.

Q13: And it doesn't matter if it's laid on the back or on the front? The effect would be the same?

LBs: Yes. The chakra goes completely through the physical body, but it makes more convenient sense to do it obviously from your front, and it is a little more comfortable also. But in healing work, yes, you could do it from either side.

Q14: You said that if a person did this on a regular basis, ten or fifteen minutes every day that it would be very beneficial for anybody's physical body. In what respect do you mean that?

LBs: You cannot have disease in the body if the body is balanced. If all portions of the body--the internal organs, the cellular structure, the circulatory system--if any part of that gets blocked for any reason, then disease can set it or an accident can happen. And what the colors do is simply help keep you balanced so that there are no blockages. And many times blockages are created through thought or through toxins, pollutants, through many other reasons. And so, this helps eliminate blocks.

Q15: The key word is "eliminate" blocks. It doesn't stop an emotional block or mental block but it's going to give you the opportunity to get into balance, so it is easier to correct those blocked issues. Is that what you are saying?

LBs: A subtle energy does not--it simply sets up the information center, so to speak, for you to be able to unblock. It doesn't cure. And it doesn't heal in the way that you think of your allopathic medicine or even your homeopathic remedies. It doesn't heal in the same way, although homeopathic does work more through removing blockages as opposed to the way allopathic medicine works. But subtle energies are more of a preventative than a cure. It is to prevent you from getting a disease because of blockages. Once the blockages are there, it can help to dissolve or balance you, so that the healing energies are set up so they [blockages] can be removed. So it does help, but it does not cure.

Do you understand the difference? We can give you an example. If you have a thought pattern that creates a blockage for you, then ultimately it is going to enter through the etheric body and affect the physical body. And if you use the cloth every day, it will set up the energy so that it might bring to the surface this thought, so that you can look at it, and recognize what you are doing, and change your thought pattern, rather than removing the thought. Do you understand what it does? It sets up the field of energy so that you have the opportunity to heal.

Q16: I was advised to purge my body because it would be easier to work with the intense energies coming in for the next 11 years if we are lighter and cleaner physically. Could you tell me a little about that?

LBs: There are waves of energy that come into the planet, and there have been some specific time periods that it has been greater, such as 1989, and 1994. You are aware of these particular times. They are going to become a little more rapid now, these energies, and the reason that you were advised to clear your toxins from your body and try to become as clear as possible is because the clearer you are, the more you are able to flow with this increased vibration. As you clear your body, your own vibration begins to increase. As you spiritually grow, your vibration increases, and so, you are able to involve yourself with the energies at a more comfortable level. If you are not being consciously aware of what you are putting into your body, and what pollutants are coming at you, and you are making no effort to keep yourself rather spiritually open, then you may find that things aren't quite as comfortable for you, the vibrations affect you a little more than they would otherwise.

Now, you are probably wondering if this is true for those who are not consciously working on the spiritual path, and this almost will seem like an unfair statement to you that the universe works this way, but those of you who have consciously chosen to move forward spiritually will feel these energies more than those who are still in the darkness, who still have resistance. And so, they will not be aware of it and it may not affect them in the same way it will affect you. That is why it is more necessary for you to be aware of what you are doing with your body and mind at this particular time. And it is just as important for you to purify your mind, so to speak, as it is your body at this particular time.

Q17: Thank you. Is there a particular area of life or spiritual growth that this next wave [of energy] in January is going to focus on?

LBs: It has already started, and it has to do with global consciousness. The idea that you are "one" is going to become more and more prevalent, and that is what this vibration is going to help open up. It is of no accident that what is happening throughout the world now is making you more and more aware that every ripple is affecting others, that one being can cause ripples throughout the entire planet. And that is part of what this vibrational flow is going to do; it is to open us more and more to that concept, that we are all One, and that everything that is thought or done affects everyone else on the planet in some way.

Moderator: And with that thought, can we take a break, and continue with it when we come back?

LBs: Yes, that will be perfectly okay with us.

[BREAK]

LBs: Welcome back.

Group: Welcome.

Q18: Personal question about the empathic abilities, the feeling of the same feelings of someone else, or the physical sensation that is in someone else's body, is it more electrical or magnetic, and how is that shared?

LBs: There are several ways that you can be empathetic, or feel what someone is feeling. When you are actually feeling their physical pain, it is more of an electrical impulse that is coming to you. Also, a part of their electrical field-- around them--you are joining with. Your electrical field is joining with them, and you are melding, so to speak, and that's how you are able to feel their physical energy, what is happening in their body. So it is more of a joining of the electrical when you are in their presence. However, sometimes you are at a distance and are still able to feel certain things. And you are capable of that because one of the things that you have been able to do is remove that barrier that tells you, you are separate. That is what gave you the ability to be able to have certain experiences you've had with higher beings, because you removed that barrier. Now, that barrier is not always down, but when it is down you are capable then of receiving, even at a distance, that information, and it is still more of an electrical signal that you are receiving.

Q19: Is that like a super-conductive resonance, or just the same resonance, no matter the distance?

LBs: If you are familiar with experiments where you put sand on a drum, or a steel base, and then vibrations, certain tones are played, and you see these patterns, then that is it's resonating to that pattern. You are doing the same thing, exactly the same thing.

Well then, what we are saying is, what you need to learn to do is to discriminate when you need to feel that, and when you don't necessarily need to feel the pain, but just the information. So, you are going to need to learn how to filter out, so that you can sense the pattern, but not feel the pain itself, because the more open you become, the more this can become very disconcerting, because it is rare that someone will not come into your field that you are not going to sense their pain of one kind or another. And so, it will be necessary for you to filter--and consciously filter. And you can almost do that in a way that you would do if you were filtering your eyes from the sun. Just imagine yourself putting some kind of protective filter of love around you, perhaps of a pink nature, and that will help then diffuse. And also, gold will help diffuse. You will still be able to receive information, but the energy won't be detrimental. So you can use those two colors to help filter it out.

Q20: A healer asks a question about the meaning of gold light moving through his body, and the sensations associated with it while working on a client, and about his experience in another dimension of being color and sound.

LBs: Any time that you can open, and completely be submerged in the feeling of love, you are going to be protected. But what we are saying is, if you want to get back into your healing work, and you are going to be more and more feeling what the other person is feeling, it would be to your physical benefit to protect through this diffusion or filtering. What your gold means, when you have this experience of sending gold from you to the other person, is you are transmuting their energy, helping them transmute their energy, through this connection, because that is what the gold color helps do, is transmute.

That's why many times, when there are paintings of the masters, you will see the gold around them, because they have completely transmuted their energies and many times people

are able to see that in their particular auras. And speaking of your symbols of color and sound, when you were in that particular light space, actually, every entity is made up of this sound and color, which is why you react so, and are able to experience the expansion much easier when you are using sound and color in the work. So, it is a very natural, logical part of who you are at your very core, your essence.

Q21: So, I can have protection, not separation, and with a level of discernment. I can know what is appropriate and loving, and so forth?

LBs: Yes. That is correct. It is very important that one who is in the healing mission learn to use certain discernment, learn certain ways to protect their physical body, because all healers tend many times to take on the energies of the person they are trying to heal. And this is one of the things, unfortunately, that has become a part of your allopathic healing, is that the doctor stands at a distance from the patient, both mentally and spiritually. Because they recognize early on that if they do not, they take on many of the ailments that their patients have in some ways they do not understand. And so, they put up a separation, as opposed to a filter. And that's why you see many doctors who no longer are healers, but simply mechanics.

Q22: Yes. So the remembrance of the Oneness that we are was a significant factor in helping me to open to that source, and also has helped me to progress into some deeper experiences where I can discover what next I need to learn.

LBs: Yes. It was to your advantage. And now you need simply to learn how to use it in the most beneficial manner for you.

Q23: And how that relates to my third chakra, I presume, is because I still have a sense of victim hood about some issues. Yes?

LBs: That is correct. You still have some blockage around your sense of power and identity.

Q24: Is the idea of victim hood related to the third chakra only, or is it a quality that can be experienced in any of the major centers?

LBs: It is more of the lower chakras. It can be manifested in different manners with different chakras, but basically of the lower chakras, of the earth plane chakras.

Q25: Comment about a movie called Rudy, and how something seen in a movie, can be meaningful and important.

LBs: As we have said many times, many of your answers are going to come from such simple things as a movie, or a book, or a television program, or a conversation with a friend. This is a very common experience, if you are willing to listen. And so, in that particular case, that spoke to you because this was a mirror for you to take up service.

Q26: A comment that was made earlier about some of the energies that are coming in waves. It seems like in this past two or three weeks that my energies are kind of wierded out, kind of gone haywire. Can you comment on that?

LBs: Yes, we will be more than happy to make a comment, because you are probably one out of the entire group that is experiencing what everybody else in the group is experiencing. There are very few here who are not having sleeping problems, energy problems, some sort of depression, various unusual periods in their life when they wonder what in the world is going on,

what did they eat that made them feel this way, or what did they do that made them feel this way. So, there is much going on right now, and that is the forthcoming vibrational level that we spoke to you earlier about. You are simply experiencing the fringes of it at this time, and it will get a little bit more intense before it levels itself out around the time of the end of February, or early March.

The way for you to handle it at this time is by becoming conscious that there are vibrational changes, and it is demanding of you that your consciousness be raised through both your thought processes, what you put into your body, and you must get enough physical rest; that will be of great importance also. But to be able, sometimes, for you to rest sufficiently, it is important that you center and clear before you even try to get your night's sleep, and if you awake and you are having difficulty quieting your mind or going back to sleep, do not fight it but once again go through the clearing processes, because you have simply built up in your dream state some issues that you are working through, and they are coming to the surface, and this is why you are feeling the vibrational shift. If you find that you are, for instance, having a depressed period, don't fight it or try to think there is something severely wrong, but simply get still and listen and ask for guidance, and you will find the answer to what is causing this feeling of being overwhelmed or feeling that you can't rest or feeling that you are depressed. So, the secret to getting through this period is staying in touch; staying in touch and listening to your guides.

Q27: So it wasn't so much anything I did specifically that brought it on? Is it more due to the change of energy than anything else?

LBs: It is the change of energy that is creating the situation. Your reaction to it, whatever the particular reaction is, has to do with how you are processing this information. And the change in vibration is a information. Your body is adjusting. Your physical body and your etheric body are adjusting to this change. And so, what you need to do is to listen to what you are somewhat out of sync with, and then you will be able to make the adjustments. There are some issues that you are sort of walking around at this particular time, and that is the reason it is coming up for you especially during the night, because you start to work on it, and then it starts coming to the surface and you wake. And you are not aware of what those issues are, so try to center and listen as much as you possibly can. And your diet is of extreme importance now, in your particular case and part of the reason you are not resting is that you are working on some particular issues, and you are working on them in the dream state. And they start to come to the surface where you can deal with them, and your fear stops it.

Q28: So I'm not getting enough sleep?

LBs: You are not getting enough deep sleep, sleep where you are really working in the dream world.

Q29: Right. Sometimes when I do wake up, usually I just get up and meditate. Is that okay?

LBs: Yes. That's a good way to center.

Q30: Personal question asking for general information of benefit.

LBs: Well, you also are experiencing some different changes, and yours are more of feeling almost as though you are not there. And again, you are . . . we won't say you are closing the door to your guides, but we are saying you are not making as much of a conscious effort as you possibly could to listen, because they are really trying at this particular time to help you open in

some areas to give you more fulfillment and make you not feel quite so disassociated inside. So, make a time in your day, if at all possible, both morning and evening, to really open to the information that can come to you. And you might try it through writing, because you have some difficulty always keeping centered and focused on listening. And writing will help bring it through in an easier manner.

Q: Thank you.

Q31: I'm a little bit afraid to ask it, but I recently had a day when I had three clocks in my home all stop on the same day, and I was just wondering what the meaning of that was?

Moderator: Time's up.

Q: That's what I'm afraid of. [Laughter]

[Group laughter]

LBs: You have, in this entire incarnation, fought with earth time, and this is a wake-up call for you to take a look at why this is an issue for you, because it is something that has created a situation many times that has not been comfortable for you. And you are beginning to try to look at a lot of issues that have blocked you, formed obstacles for you, and so, it was simply--If you will look at what was happening to you at that particular time around your life, in that particular two, or three, day period, then you will see that time was an element that was getting in your way. So take a good look at how you deal with earth time, and you will begin to see some answers there for you.

Q: Thank you.

LBs: You, by the way, are not the only one in this room who has earth-time problems.

[Group laughter]

Q32: At the last group meeting, you said it would still not be easy for me for a while, and maybe I am being overly optimistic, but my sense is that the worst is over for me, that I understand I am letting go of a lot of ego attachments, and it's not comfortable, but it is happening quickly. And I just wanted confirmation that it is not going to get worse.

LBs: You are absolutely right. And if each of you in this group could understand what he is saying by listening to the words, it has happened rather rapidly, because he has recognized the ego was in the way. Many times you suffer through experiences over and over and over again because the ego simply refuses to listen. It is not necessary for you to have to experience it in a long period of earth time. It can happen very quickly and you can be done with it. But you do have to allow the soul to speak, and the ego must step aside. So, yes, you are accurate in your assessment, because you allowed the ego to step aside long enough for your soul to speak to you, and that is what made you make your original decisions to make a physical move. And you moved into an area that was going to tax your ego intentionally, because you wanted to once and for all strip it clean of false concepts. And so, that is what you have been working on. And the faster you recognize and bring to your consciousness these issues, the less you will have to deal with in the future. So, you are absolutely accurate. It has moved very fast for you because you were willing to take a good look and listen.

Q: Thank you. . . . Yee haw!!

[Group laughter]

LBs: Yes, and you should be pleased! When you do something and you recognize it has been a good choice, always give yourself a pat, and be willing to give yourself credit for doing that. For some reason, those of you who are trying to walk your spiritual path, you have the inclination to believe it has to be difficult, or you must have many hard lessons. And ultimately, your goal is JOY. That's why you want to experience the earth experiences, to learn joy. So give yourself credit and enjoy your As, because you'll make enough Cs and Ds.

Q33: Is the earth an experiment in free will?

LBs: Not only is the earth an experiment in free will, but it is the best school available in any dimension, because it is polarized, and it gives every entity the choices of either living in the darkness, or living in the light. And that is the free will that plays into that, because never is any choice made, regardless of what your thoughts are about it, that is not of your own entity's choosing. It may be the ego that makes the choice instead of the soul, but it is still that entity's choice. It is the free will that is given as part of the package when you incarnate, and the free will is what helps you also with the expansion of your consciousness. So, you are absolutely right: it is the school for free will. Free will is the earth plane tool that is used to help you make these choices.

Q: Thank you.

Q34: Moderator: Is there anything you would like to say in closing, Light Beings?

LBs: It is going to be a while now, before you all get back together physically, but what we would like for you to do while you are apart physically is to take some time and actually connect occasionally with each other, and start realizing the possibilities of this. Many times you do this with your good friends. You will think of them, and then they will give you a call, or you will know something is going on with someone that you love, so you are already transferring this information. But it is now time for you to start looking at this in a more practical manner, and recognize how easy it is to connect, and how often you do it and not consciously, so that you can start becoming more conscious of what you are sending out, and what you are receiving.

LBs: And the group is a wonderful way for you to experiment with this, because all of you have the same intent and you are, each of you, connected at a soul level now because of your decision to join the group. And so, try making these connections and then seeing if you feel connections. Make little notes about it. Start being conscious. Because part of what we would now like to watch you start working on is opening yourselves to the point that you are conscious of not only what you are sending out to others, but what you are bringing in from others, and it will make you much more aware of your power, but also aware of how you can affect things that happen outside of yourself. All of you ask many times what are you to do, or what is your mission, and this will start helping you get clarity on how you can affect the way this world is determined. So, use that as your experiment for the next thirty days.

If there are not other questions then, we will bid you adieu for tonight and thank all of you for joining us.

Group: Thank you.

[End of session]

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