

Light Beings: Good afternoon.

Question #1: Group: Good afternoon, Light Beings.

LBs: And we welcome you, all of you, those of you who have been coming and are involved in all the information, the energy work that is coming through, and those of you who have just joined. We hope you will take this day, and start with opening yourselves to each of you that are here, and see if you can connect with the energy of the others. So, take just a moment or two, and begin to connect with each of you in the room, and see if you can begin to feel the energy building.

You are not yet at the point that you can actually feel and be aware of this energy, but as time goes by and you begin to practice, you are going to find yourself being able to open, and feel someone of this energy, just as easily as you turn on your television set. So, if you will continue thinking about consciously connecting with people--not just those that you know intimately, but those that you know of a casual nature--you may find that you are receiving information that can be invaluable in your relationships and in your work, your daily experiences. This is part of what you are going to find is going to help you grow consciously, to expand in a way that is not possible without this knowledge of your energy connecting with another.

Let us say that in an ideal world, which you will not see on this planet, that would be what could happen. But what is happening now is that the energies are there, and they are being put out, and so are our thought patterns, but it is not being of a conscious nature. And that is why you are getting such pockets of upheaval. That is why you are having to experience much of the dark that is presently making itself known, because it is not of a conscious nature. What we are trying to help you open to is recognizing that you have the ability to control, to actually bring in or keep out, energies that are of a beneficial nature.

Question 2: Concerning guides and how to be open to them.

LBs: That is an excellent question; because that is something we are hoping to help you with so that you can understand more clearly what you have as tools, to get you into position of understanding more of what is available to you on a day-to-day basis, as you say, in every part of your life on this planet. There are many types of guides and spiritual helpers that are available to you. When you incarnated, you made a deal, so to speak, with several entities that agreed they were not ready to incarnate for one reason or another. They still had other things that they needed to learn in a different dimension, or they just weren't ready. The timing was not right for them yet to reincarnate. And so, they agreed to work with you in their dimension to help you in the dense body. So, every single entity that incarnates has certain guides to help them along, to make their path a little less difficult.

Unfortunately, what happens when you enter a dense body is that there is the forgetfulness, and you do not remember that you have this helpful, surrounding being, or energy that can move you forward in an easier way. You forget that. You do not forget it immediately when you incarnate and when you are birthed, but you forget it usually by the time you are two or three years old, because of the way the belief systems are on the earth plane, and you are discouraged from talking about your "friends." And many little children have "friends." Those are the guides that they actually are still able to see, and feel the energy. And eventually that is forgotten. But they are still there.

And if you want to be able to listen, or hear, it is a simple process. It is a matter of opening, being quiet, and making the agreement that you are not afraid to be open. And you will find that you will begin to be guided. It may not be in the form of words or visions, as some are able to receive, but it may be simply messages that come through what a friend says to you, or something you hear in a story or on a television program or in a book you pick up, or any number of ways that the message can come to you to help guide you. But you must be open to it. If you simply ignore it and think it is coincidence, then you will begin to get less and less of that kind of information coming through, but if you begin to take note and understand that it is guidance, that it is help coming to you, energy being offered, then you will see more and more indication through various messages that will come through in various ways.

So those are your guides that automatically come with your package, so to speak. But then there are other energies that have never really incarnated into an earth body and have no need to, but do work with this planet. And those are what many call "angels" because they are of a different vibration. And there is, once in a while, the ability for someone to see something that they perceive as an angel, because the energy actually allows the vibration to change enough that there is something that is seen. But those are a different kind of vibration, a different kind of energy, and rather than being a guide, they are more of a supportive nature for the entire population. So, it is more of an overview that they tend to be involved in as opposed to an individual person. So, does that help you understand? The same is true of your ascended masters that you are now hearing so much about. They also are more inclined to work with the groups, with the masses, or with individual groups that have formed, as opposed to an individual person, although, if a person is participating and opening to a particular master, then they certainly can make that connection.

When you decide that you really want to receive guidance, do not put any kind of restrictions on that, because even though you have your own personal guides, it may well be that you have a mission that interrelates with others, joins others' energies, and that forms a group energy, so to speak, that may then pull on other energies that you may consider what you call an "angel" or a "master." So, do not put any restrictions on it. But yes, each of you have individual guides, some more than others, and it does not matter whether you have two or three or four; that is not of any consequence. It is that you are open to whomever or whatever the energies are.

Q3: concerning childhood abuse and shutting down even from the source because of the abuse.

LBs: This is a rather complex question for us to address completely at this time, but we will get into it enough for you to start working on it. And after you have worked on it through our suggestions, then we would recommend that you have perhaps a personal discussion a little bit deeper or, if you prefer, ask again in the group, but you are going to need to do this in stages because you do have a certain amount of resistance to remembering what some of the incidences were. And they were not . . . There are various kinds of traumas that shut one down in early childhood.

What most do not understand about early trauma to a child--and whether it is sexual abuse or mental abuse or physical abuse or some other nature, the actual incident is not what causes the shut-down. What causes the shut-down is the belief that there is no protection, no safety. And so, what happened to you as a young child is that you recognized there was no one there to protect you from happenings that were of an unpleasant nature. And so, it was not the actual contact that caused you to shut down but was your tremendous sense of betrayal of both your parents, because neither was then trustworthy for you. And so, when you are now

wanting to connect with the Divine, as you say, you don't have full trust, because [for] a child, especially a child of two or three, their mother and their father are their God. Do you understand?

Q: Yes I do.

LBs: And you truly do not quite trust God, because why should you? They--he, she--were not there to protect. Do you understand?

Q: I do.

LBs: So your issue is one of lack of trust, and it is going to take a lot of work for you to be able to understand that your perception as a child was not necessarily correct, that it was not that they did not want to protect, but that they did not truly understand what was happening at that early time, although at a later time they did, and still did not interfere. But it created such a hole in your belief system--such a disappointment. And that's what you are dealing with, that's why you can't trust, because even though you know at an intellectual level that the One is nothing but pure love, at an emotional level you don't trust that.

There are several things that you can do to work through that. It will not be a very quick process, and there is going to be some pain involved, but we will give you some suggestions to start you working with it now. And then, as we said, work with it a week or two, and then let's take the next step. But at this point, what you really need to do is to sit down and go back in your mind to as far back as you can remember, and start examining your perceptions--and here we are saying "perceptions" of what happened to you as a child as far back as you can remember. And start writing some of your emotional feelings, some of the attachments to those feelings. Start with that, and you are going to open more and more. And once you reach a certain point of remembering, then there is going to be a great necessity for you to work on forgiveness, but not just forgiveness of the other person, but forgiveness of yourself, because you are going to realize there is some guilt involved.

Q4: But I've been doing what you just said for years--the going back, the remembering, the writing it down, the forgiveness.

LBs: But you've not been . . . you've been doing it from an intellectual point. You are going to have to recognize in some way--and this, as we said, is going to be very complex and difficult for you, to open and understand what has prevented you from being able to turn it loose, so to speak. So keep working with that. And now the energies are going to be more available to you to help you work through it. So, before you begin writing each time, ask that the energies, the guides, come through and help you with clearing this.

Q5: I was being sent a purplish-blue color in a meeting with Mother Meera. What is the meaning of that?

LBs: As you know, the blue is your throat chakra, and just what we have discussed with you in the previous few minutes has to do with your having the ability to speak, to allow the emotional will to come forward so that you can truly be what your essence is about. And so, that blue that is coming to you will aid in that opening, allowing you to use that will, to open that part of you that has not been able to be whole. And that is what the blue will help aid you in. And if you could find yourself a piece of colored glass in that shade of blue--

Q6: I actually have the tanzanite on that you recommended last time. I'm wearing it.

LBs: Good. And also, if you could use a blue pane of glass, and sit in the sunlight, and allow that to shine on your throat chakra, this would be helpful also. But that's what it's doing; it is helping you open that, because until your throat chakra is completely open, you're not going to be able to express the Isness of you. Do you understand?

Q: I do. I do. Thank you.

Q7: To what extent is it necessary to feel pain of the trauma?

LBs: It is not so necessary to feel the pain. What is necessary is to understand what your perceptions were, because so many times, what has happened to you as a child is you perceived as a child, from a child's viewpoint.

Q8: But what you are saying to me sounds more like the intellect again.

LBs: No! No. If you can . . . Let us see if we can explain in a clearer manner, because you are absolutely correct, and even in psychotherapy today, this is one of the true mistakes that is made is that people intellectualize, they play through the entire scene that happened to them, and they think they are feeling it, but they are feeling it as an adult. What we are saying is that you must understand, go back to being that child, feeling what that child perceived. Do you understand that difference? You can intellectualize and say, "I was a child that was molested and this is how it felt," but are you truly going back into what that child perceived, or are you intellectualizing what you felt?

Understanding it so that it does not have to be the pain that the child felt as much as understanding what the child was perceiving. There is a difference between perception of the child and what actually happened to that child. Can you understand the difference there?

Q9: If I went back to some traumatic incident that happened in my childhood, sort of a key that was producing fears or dysfunctions of some kind, and I looked at it, are you saying that I would feel what the child felt, that I would be feeling it, and have an adult perspective of it, even though I was still feeling what I felt as a child? Is that true or not?

LBs: Again, we say, this is a very complex issue and what makes it so difficult is she [the questioner] said she had been writing about her feelings for years, but it is not getting her anywhere. The reason it is not getting anywhere is that she is writing from memory of what she thinks happened to her. She has not truly moved back into being the child, and seeing what that child perceived.

Q10: It's almost like if you could put yourself in the position, but actually feel differently about it.

LBs: That is correct. Not particularly feeling different, but understanding more of the entire drama, as opposed to what actually . . . When we really look at the entire earth drama, what happens to an individual many times is not nearly as traumatic as what that person perceives happened to them. And so, you could have the same experience for two separate souls, and one soul came into this incarnation with a fear pattern, and one came into this incarnation with a love pattern, and the identical experience could be played upon them, but the way they perceived it would be totally different. Can you understand that?

Q: Yes.

LBs: So, what we are trying to get you to see is that you cannot just write about a trauma that you experienced, but you must take yourself back into where you were as a child and how you perceived that. And was it from a fear pattern or a love pattern? And we know it probably was from a fear pattern, because you shut down. And what causes one to shut down is not love; love is expansive. Love opens. So we know that you experienced fear; that is the basis of what caused the trauma, not the actual experience. Do you understand?

Q: Yes.

LBs: And do you understand now why it has not worked for you . . . the writing? Because of the fear element that has got . . . And that is what we had wanted to lead you into, was understanding that it wasn't the experience that shut you down, but your inability to understand what was happening that created the fear, and created the then lack of trust.

Q11: I've noticed that as I've let go more and more of my fear that some of the same things still happen to me and they just don't affect me in the same way as in childhood. And I realize the tremendous amount of fear that I had in my early childhood magnified everything ten times and made the pain ten times worse. And so, that seems to me to be what you are saying there.

LB's Absolutely. And it is your perception of what is happening. And that is what we are trying to get you to understand, is that what you intellectualize in remembering is not truly how you perceived it many times. So it is necessary many times to go back, and why we recommend that you go back to as far as you can remember and get to know that little child and how that child thought, because you are absolutely right: how you thought as a thirteen-year-old is not how you think as a woman, and so the perception was different of what happened to you at that time. You would not perceive it the same today, and it would not affect you in the same way. And the more you grow, the more you expand spiritually, the more your energies become expanded, the less you are going to be affected by the emotional layer of your aura and the more you are going to be affected by the energies that are surrounding you of a different nature. So, it is very important that you are able to understand where you were when the experience happened to you--where you were emotionally and psychologically--and then you are able to forgive and to move on, because it is just a drama, and you will be able to look back at it as though you were just looking at a play. It will have no emotional charge left to it.

As your vibration continues to rise, and you continue to expand your consciousness, you are becoming more and more aware of the Oneness. And as you become more aware of that Oneness, then you are more in touch with the soul, and the ego begins to play a lesser part in your day-to-day happenings. The ego then starts behaving as it was meant to behave, as a grounding for you, as that part of you that keeps you from walking in front of a bus, that part of you that keeps you from eating tainted food, or that part of you that keeps you from expanding your energy into a field that is not of a positive nature for you. But it doesn't set up fears that keep you from being able to reach out and to expand and to grow. So, as this begins to happen and love becomes the order of the day, as opposed to fear, and you are expanding instead of contracting, then you are able to take these experiences that you had that were not of a positive nature for you and see them from a different perspective. So, you honor the perspective that that child saw and experienced, but you also are able to say, "That was the drama that was played at that time in my life, and I understand now why it was necessary--to get me to open to where I am now," because every trauma that you have experienced, every difficulty, every obstacle, has strengthened you in some way.

Q12: And it can become quite an interesting and different experience to have all of the ego experiences.

LBs: Yes. It is a delightful part of being in the human body. It is the time that you are truly feeling and able to express pure joy, because the ego loves the earth plane and is a great part of participating in what is going on in the earth plane, and the soul also enjoys the growing and the learning and the expansion. And when the two can work in unison; that is when you understand and have pure joy. And that is where you truly hope to eventually be.

Moderator: Thank you, Light Beings. We will take a short break now.

LBs: We look forward to coming back with you soon.

[Break]

LBs: We welcome you back.

[Silence]

Q13: Moderator: Anyone, step in.

LBs: Surely you are aware of the energy that is beginning to become more and more of a group energy, and as you leave here today, we would like for you to become even more conscious of the energy difference--what you experience within these walls as when you go into your next place of encounter, where there are other individuals--and see if you can sense the differences in the energies that are being emitted. We would like for you to become more and more conscious, as you go out into your place of work or home environment, of the energies you are exuding, that you are allowing to go out and meet with the energies of others, and how you are affecting others. We have talked to you about this in the past, but want this to become very prevalent in your mind when you are experiencing an interaction with another: how you are affecting them with your energy, not your words, and not even your body language, but your energy that is coming from the soul. So be aware of that. And also be aware of your interchange here, and see if you can duplicate what you are feeling here when you move out into other areas.

Q14: Be aware of the kind of energy that the heart chakra is putting out, or holding back?

LBs: Not just the heart chakra, but all of your energy fields, because if you connect with someone just from the heart, you may be able to make that connection if they also have an open heart chakra, but should they perhaps be not so open in that particular area of their energy, then you may not connect with them at all. So, the ideal situation is for you to be able to connect with them in every single area, every single center. That's not always possible, of course, because almost everyone gets somewhat out of balance during their daily work, their daily experiences, and so they're not always open in every energy center, but they usually will be open in enough of the centers that you can make that connection. And if your essence, your being, your soul is directing that energy, then it will come through with pure intent. Do you understand the difference between the soul directing the energy and the ego directing the energy?

Q15: By pure intent you mean the soul's directing the energy?

LBs: Correct.

Q16: We have no preconceived notions of how the energy we are putting out is going to be received by someone else?

LBs: Not only no preconceived notion about how the energy is going to be accepted, but no preconceived notion about how that entity you are sending energy to is going to send [energy back] to you. So, you are totally accepting of that person--not allowing of that person, but accepting of that person's energy. And if it happens to be an energy that does not meld with your energy in a positive way, then you will be very aware of that and you will need then to make some adjustments through perhaps your use of color, your use of your thoughts. And then you may see their energy actually change.

Q17: Using the color on yourself, or on them?

LBs: On them. If you go into a situation, and perhaps you don't know this entity at all that you are going to be exchanging energy with--perhaps they are a store clerk, or a gas attendant, or someone that you are just doing some sort of business with--and you recognize that the energy is not of a clear nature, not of a loving nature, then immediately picture these people, or surround these people, with pink light, and watch the difference. It's a beautiful experiment. Try it, and then bring your information back the next time you meet.

Q18: Using pink light--does it need to linger?

LBs: It does not have to be a long period of time. It can very quickly--You just cover them with a pink blanket, so to speak, and then surround that with white light. If you feel you are not making progress, then you may want to completely surround their bubble with gold. That will help transmute that energy away from you, and it will not become a negative part of your energy field, or a dark part of your energy field, if you see that you absolutely are not making progress with them. But so many times, you will find that simply applying the pink and the white will be all that is necessary for them to be able to pick up a signal and say, "Oh! This is okay to interact with this person. This person's safe."

Q19: If you put the gold, does that protect you? Is it like putting up a shield?

LBs: It's not so much a shield as it is that it transmutes the energy into something that is a little different, something of a more acceptable nature. Gold is a transmuter. One works with gold many times in the healing of another, because it can transmute energies, and take them from one kind of energy into an energy that is more beneficial.

Q20: Concerning the intentions associated with sending color.

LBs: If you do not send this blanket of pink to the person from your soul center, with love, complete acceptability, unconditional acceptability, then, obviously, the pink will never get to its destination. So there must be some feeling behind that offering, or it does not even get to where it is supposed to be going.

Let us just bring one more thing for you to contemplate concerning color while you are doing these experiments. You are being sent color many times, and you are not aware of it at

this time, but as you become more and more sensitive, you will become almost able to see certain colors. If someone is angry, you may be seeing a lot of red around them--dark red around them. Or you may be able to see gray around someone if they are physically ill or depressed. So start being more conscious allowing this possibility to come to you because it can give you information that is very beneficial in knowing how to deal with other individuals.

Q21: Recently, I had a wonderful experience of seeing and feeling an energy that was in the shape of a lotus, facing upward, that was of a translucent white and blue, that pretty much came from my heart or solar plexus area.

LBs: Yes. We have talked to you before about your power center, and the need to open that somewhat, and accept your power. And this is part of that opening. One of the symbologies that are used in the religions of the East is of the lotus opening, and that is saying you are opening to your power and to receiving the power of the One. So that is a way of your accepting that symbology, bringing it into your own being, and then allowing yourself to recognize that you are beginning to open the lotus, and beginning to accept your power and to receive the power of the One.

Q22: So that lotus flower energy, and healing experience I had, was really more related to that accepting of my power? Or was it related to a chakra?

LBs: Well, it relates to the third chakra. And so, that is your power center, and that is what you are experiencing at this time. You see, for many, many years really, you have denied much of your power, and you can see it in others much easier than in yourself. And so, this is a confirmation to you that you are accepting now more of your own power, and you are willing to now spiritually open and share that power, and you are also willing to receive the power. So you are no longer looking at just a receiving, or just a giving, but you are looking at the interchange of energies from the One.

Q23: How much I allow the grace to move through me is assisted by identifying myself as the soul.

LBs: That is absolutely correct. The only way that one can receive is through allowing the soul to open, because the ego is not usually open to the Greater Source in the same way, it does not necessarily fight that or close to that. It is the soul that makes that connection of that constant flow of give and receive. And that's what brings the joy--is that you can do that, once you can feel that movement of both receive and give.

Q24: We are going to need a good orientation on the different etheric bodies. Is this a good time?

LBs: We would prefer not getting too much into that at this time, and the reason is that that is a whole hour's talk. But we definitely will touch on some of that, as it is a part of what the questions will bring in. But we will say that with your different bodies, you will need to learn how to balance each of those bodies, because they have different reasons for being. And as you begin to balance all of the centers, it radiates out to each of the bodies and balances each of them in a more direct way than you are aware of, as does your thought patterns.

Q25: So this magnetic field disbursement, and radiation through all the bodies from the core, is kind of allied to the central energy flow, and the light being distributed outward?

LBs: That is correct. And one of the reasons we prefer not getting into too much of the details about that is you can read many books on the auras and the different bodies, and you are going to find that one person calls it one thing, and another calls it another, and they make very great distinction between each of the bodies; and that is not the case. It is more like a tapestry that is woven, and there is distinct design but there are still threads that interweave with each design. So, that is the same of the bodies. The etheric body is not just an etheric body alone, but an etheric body in relation to the mental body, to the causal body, to all of the different vibrations up until it reaches the One, and then the One comes in and reaches the soul. So, it is much as your quantum physics has finally realized: You are not only a wave, but a particle. And it is the observer who decides which. So, how can you say that there is a specific little area that is the etheric body, and it was formed in such a particular way? That's just not the way it is. It is a vibrational part of your being, and it vibrates on just a little bit different frequency than maybe the causal body does. But then your emotions, which is a part of that causal body--or astral body, as some call it--then that is going to permeate the etheric body and gradually work its way into the physical body. So, it's such an interactive kind of thing we would almost say that, yes, go ahead and learn the different bodies and what they do, but don't get caught up in semantics.

Q26: It's not that they're separate; they just demonstrate vibration at a different level.

LBs: That is correct. Your ego connects more with your causal body, for instance, your emotional body, because that is what ties to your karma, or your past life, so to speak.

Q27: Is singing a natural way to ground?

LBs: It is a natural way to expand. Grounding is a very different thing than expanding, and singing is one of the ways that one is able to raise the vibrational level of the physical body, as is toning, and other uses of the human voice or musical instruments. They raise the vibrational level so that one is able to open more to the Source. In grounding, when we recommend that you ground, what we are trying to help you understand then is that you need to become more conscious of the fact that your soul has joined a dense body, and it needs some sort of recognition. And the way you can ground is through such things as seeing the energy come through your crown chakra, bringing it all the way down through your feet, or you can get out and garden, or walk the earth barefoot, or make love. There are many ways for grounding. But that is totally different than what you are asking about the voice. It is two separate things totally, the raising of the vibration or the grounding. If one continues to raise vibration and never bothers to ground, it can physically affect one. It can actually create some disease. So that is why it is necessary for the grounding, because you have chosen an earth body and that needs some attention. Does that help you understand that? Are there other questions in this area?

Q28: Does dancing have a play in that?

LBs: Dancing, interestingly enough, is a way of giving joy to the soul, but it also has the ability to ground one because it makes one conscious of the human body. It doesn't necessarily raise the vibration, but it does expand the consciousness somewhat because of the joy that it can bring. Dancing is extremely good for the human body. Even if you simply turn on your music in your own abode and dance privately with yourself, it is that movement of the body that tends to bring in the joy, and that expands. Joy always expands.

Q29: I think my sister is an atheist. We've been very connected, but now we don't seem to be. Can you help me with this?

LBs: First, let us say, do not concern yourself about her belief system, because she is also in the process of going through some questioning, and she has never been, although she might proclaim in such ways, an atheist, because she knows at a deep level there is something that she does not understand, but fear has kept her from exploring. And she is getting ready to be forced to look at some things from a different angle because of a relationship she is presently experiencing, and there is not going to be a way of even the fear keeping her from opening and looking at things in a different light. So, there will be this parting for the two of you for a particular time, but do not be too concerned about it. Send her love, and be open when you are with her, or when you make connection, even though you do not feel comfortable sharing explicit details. She will begin to sense that there is something different about you, and again the fear will become prevalent at this time, but because of another relationship she is experiencing, she will begin to understand more about what is happening with you, and there will be a time when she will open to you more, and you will once again share.

Q30: Question concerning a younger man and an older woman's possible relationship.

LBs: You are simply at a point in your life where you are needing to learn that there do not need to be so many parameters around interchanges, and there are many joyful experiences that do not have to fall into a particular box. So it is simply giving you the opportunity to take this learning and explore. And as long as your intent is pure, and you do not conceal what you are looking for, or what you are hoping to accomplish in any relationship, then there is no fear for you to move forward in whatever happens to come into your field. This is a time when many people are discovering that the rules no longer fit.

And you are concerned about his years. How can you judge? Only earth years are you aware of, but his soul may have more experiences than one of eighty years. So to judge earth years is no longer relevant on the path you have chosen.

Q31: Question concerning the sensing of energies and discerning the source.

LBs: You are getting a little bit ahead of yourself in analyzing some of these energies, because it is a little more complicated than what you are asking, "Is it of yourself, or is it of another?" Because what you are going to find--and that is why we want you to do some of these experiments--is that you have your own emotional--hidden emotional--hooks. And when I say "you," I am speaking of the human element. You have an emotional hook within yourself that also carries energy. And so, when you first begin to experiment with energy, and blending with others, it becomes difficult for you to sometimes interpret whether you are picking up on the person who is sitting right beside of you, whether you are picking up on someone else in the room, or whether you are picking up some fear factors that are triggering those emotional hooks within yourself. And sometimes it can be the combination.

In your case it was the combination, because there was something about his energy that hooked in to something that you had experienced in the past, and it created a sense of discomfort because in the past that energy was not particularly positive for you. So you got your emotional hook mixed up with what was coming to you. And this is going to take some time to start clearing out, but what it helps to do is bring up these emotional hooks, these past experiences that didn't feel so good, bring them out, and let you look at them. Because you were able to discuss this, by doing so, you are now able to see that perhaps it wasn't all of his energy that was creating the discomfort, but your reaction to a similar energy in the past. Do you understand?

Q: Yes.

LBs: So sometimes, when you are feeling something about someone, when you think you are feeling something about someone, be sure that you are clear; because otherwise you may be pulling from some past residue of emotion from an energy that was of a similar nature, and you did not respond well to it. Do most of you understand what I am saying here about energies in that respect?

Q32: How do I distinguish or clear this?

LBs: This is not always so easy if you are not able to get very quiet for a moment and then really clear. Ask for clearing. Ask that you be cleared of your emotional hook, or your emotional residue, and that you feel this person's energy clearly. And you will receive that confirmation then.

Q33: And when one is receiving that person's energy, is there usually a purpose to that?

LBs: Not necessarily. Sometimes you might actually just be getting a nice little "hello" from someone because for some reason or another, your energy, they sensed your energy; or you, for some reason, brought them to mind and they picked up on that, and then sent you back another quick "e-mail."

Q34: If I'm experiencing someone's energy, or I think I am, and I clear myself, and am still clearly feeling someone else's energy--it's not necessarily asking for a particular kind of response from me, is it?

LBs: Are you always asking for a particular kind of response from someone when you verbally speak to them? Are you looking for something in particular every time you say hello?

Q35: Maybe a hello back, I suppose. [Laughter]

LBs: I guess what you need to really understand here is that sometimes there is just a touching base with someone, and it doesn't necessarily have to be a message. Sometimes a little signal comes through, and it has your name on it. It comes to you. You're the receiver.

Q36: Okay, when I felt that unpleasant energy...

LBs: In this particular case, it was to help you bring this up, so that you could look at what you had experienced with a previous energy of similar nature that was uncomfortable for you. In relationship, this happens quite frequently. One will think they are picking up a certain energy from their mate, and in the real sense, they are—

[Tape ends and a new one is started]

Q37: Moderator: Light Beings, is there anything you would like to say, specific or general, before we conclude this meeting?

LBs: We would just like to be able to express our appreciation that you have taken the time and the energy to create this group that you have created here, and we hope that you will spend the next two weeks in experimenting with this idea of energy, and don't hesitate to make notes, because it will be of a great advantage to share this when you come back together. The more

you learn about how you can affect others with your energy, how you affect your own self with your energies, and how you receive energies from others, the quicker you are going to understand what your own personal mission is about, and the quicker you are going to be able to understand how you can become a more conscious soul in your own relationships. So, that is what we would like to see happen in the next two weeks is experimentation with these energies, and then a group sharing when you do come back, so that you can help each other understand what this idea of energy is about, because this is the foundation for you to begin an entirely different way of relating to the world. And ultimately you are going to be able to see significant changes in your own life once you can grasp the differences in how you manage your energies. So with that we say a good day.

Group: Thank you.

[End of session]

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