

Moderator: Good evening, Light Beings.

Light Beings: Good evening, and welcome back.

Question #1: Moderator: Does anyone have any questions they would like to start with?

LBs: Let us first say that it is of no accident that this period of time has gone by and you have not been able to get together. It gave all of you time to make some internal decisions about whether you really were serious about involving yourself in learning more about the energies that flow around each of you, and the energies that you intermesh with each other. And so, most of you have, even at a subconscious level, been playing around with the ideas that were presented to you, and even though you may not be aware of it, you have started using some of the principles that we have talked to you about. And we would like for you to become more and more conscious of these energies and recognize the power that you are given through the understanding of the use of these energies. And so, we will now open with any questions that you might have of things that have happened to you in the last thirty days concerning energy.

Q2: I would like to thank the Light Beings for the guidance I got in one of our sessions. I was told to be still and do writing. I did that, and it worked. I am wondering if writing is to be my livelihood.

LBs: You have had a life of much learning. It has not been an easy life, and there have been many times that you have questioned and wondered why you have been put in some of the positions you have been put in. But you are going to be able, if you so choose, to share some of the insights and the growth that you have had, not only in your writing but you are going to be given the opportunity to work with others who are experiencing similar things that you have had to work through yourself, both of the physical and of the mental. And so, if you would continue to write, as you are now doing, you are going to start seeing some patterns and some ways that you will be able to actually help others through not just, as we say, writing but also through being able to express yourself and share some of your experiences. But even more than that, you are going to be able to have an understanding of what they are dealing with, what they are going through and what they are thinking. And so, even in your writing, you will be able to share and to open others to see possibility that they did not see before. So continue the writing. It will be not only of benefit to you, but to others.

Q: Thank you.

LBs: Have any of you experienced energies in the past thirty days that you did not understand?

Q3: I have, but I don't know how to describe them.

LBs: You have been put in the position to experience not only subtle hostility, but you have been put in the position to experience a type of energy that is camouflaged in what is presented as openness and friendliness, when in reality it is manipulation. Are you aware of that?

Q4: Yes, because it feels confusing. It's like I've been feeling energies in different places, and with different people, but I guess they didn't seem to match what was on the outside. So . . .

LBs: You are beginning to be able to read the true energy, and this is going to be-- We have spoken to you before about silence. You are also going to be able to hear what is not being said, through their energy. Do you understand what they are saying?

Q5: I'll get a knowing?

LBs: Correct. It will be a sensing, almost a hearing, what this person is truly saying. So, when they come to you and are verbalizing one thing you will be able to hear the truth and, in so doing, understand how you should respond, because many times your response is going to be of utmost importance. You will be able to open them to understanding what they are doing. Most of the time when someone is in a manipulation mode, they are not aware of the games they are playing, or the drama they are setting up, because it is something that they learned years ago, a way of getting what they feel they need. And so, they begin the dance. And if you can understand and hear the truth, you will be able to open them to see what they are doing, and change their entire perspective through being able to respond in a different way, not being able to be manipulated, but being able to hear what they are really saying and respond to that truth. Do you understand?

Q6: I understand completely. I can't even describe what I feel in my heart, the thought of an opportunity to be able to do that with folks. And it feels like a real big responsibility too.

LBs: It's always a responsibility when one opens and decides they want to walk their path, because it means stripping away things that are not a part of who you truly are, and it is never so easy to do. But you are recognizing now, more and more, who the true you is, and as that begins to unfold, then it will be easier for you to step forward and be able to interact in such a way that those you come in contact with will be compelled to speak their truth. So, it is a great gift that you have. And again, we have said to you before that you do have a gift concerning sound, and you will find that as you get deeper, and deeper into understanding what you can do with sound, you will also be able to open people in that respect.

Q7: Through tones or voice?

LBs: It is something that we would rather you do some experimenting with on your own, because if we say to you that we would like for you to do such and such, it puts blinders on you so that you do not see other opportunities, and there are many ways that you can move in sound. But we would recommend that you investigate everything from drumming, to crystal bowls, to learning what music--especially in the classical sense--can speak to one's heart. So it is the entire gamut that it would behoove you to search out.

Q8: Has the manipulation energies that you were talking about been more at work, at home, or with friends?

LBs: You know that our answer is what you already know in your heart. It is in every area of your life, because that is part of what your learning has been about. So, you are going to be exposed in family, with friends, and in the workplace, to those who come to you with a different agenda than what their true truth is, because that is how they have learned to get what they think they want. And you are going to have the ability, through your own management of your energy, and understanding their energy, and through hearing--and when we say "hearing," we do not mean verbiage. We mean you are going to hear what the energy is telling you. And then your response is going to give them the opportunity to open to the truth--their truth.

Q9: Is this why I've felt like everything in my life is falling away? (Relatives dying, children moving out)

LBs: Yes, and that is happening to almost everyone . . . We will not say “almost.” That is happening to everyone who has made a commitment to grow spiritually and to move forward in that growth.

Q10: Is that necessary? Is that part of what you meant by getting rid of things I know that are not part of who my essence . . . who I really am?

LBs: Because there has been on the earth plane the patriarchal archetype, the idea that the masculine energy was the energy that was able to complete, was the action, was the ability to get there or [get] something. And so, that was tied in very strongly with the ego and the personality. So, if one were to be successful, the ego and the personality had to be very strong, and had to many times suppress what the soul's needs were. When the soul decided to step forward, and take the place that it rightly needed to take, to be able to be a whole, complete essence, then the ego felt very frightened and at risk. And that is why so many times things had to be stripped away, because there was such attachment with the ego.

So, very few have been able to avoid these changes, these peelings away, because much of the attachments were connected with ego as opposed to what the soul needed. And many times, as in your case, family members especially had pictured you in a certain way, and you managed to give them that mirror back to them, what they wanted to see. But in truth, it was not who you really were. And as you are beginning to peel off the layers, and the ego is taking a place less demanding, then these people are becoming confused and are not so happy with the mirror you are sending to them, because it is demanding that they also look at their ego and their personality. Do you understand?

Q: I do.

LBs: So it is a painful process many times, but it is much as you were saying in the conversation earlier, that one is presented with what they do not want to deal with, and that must be addressed. And there must be some sort of peace, a treaty, between the ego and the soul on certain issues before one can move forward as a whole. And that is what you are basically finding out right now, is that part of you needs to step back and allow the soul to now call some of the shots. And in so doing, it is going to create confusion for those who have always seen that ego out there, and it was acceptable and understood to a certain degree. Is that helpful to you?

Q: Very helpful. Thank you.

Q11: You were speaking about when she sensed a person's energy, there would be a knowing about where they are really coming from, and what their real intent is. Will she just intuitively read that energy, or will there be a learning process of experiencing a certain energy, then discovering what the real intent was, until she gradually starts to recognize the meanings to certain things she is feeling?

LBs: You are saying is this a natural ability that will just come to her, or does she have to work at it? And it is a two-fold answer. First, she does have to recognize what part the ego plays, and what part the soul is going to take into consideration now. And once she gets that clarified within her own being and is able to open and allow the soul to hear, it will be a natural phenomenon for her, because she will be able to clear the static away, and hear the truth of that person through, as you call, an “intuition.” And it will be more of an absolute knowing for her, so that she doesn't have to guess what that person truly is saying. She will feel through hearing

the energy, if that makes sense to you.

And this is possible for many of you to start having that ability. But it is not necessarily the path each of you will take. It will happen to some of you, especially with your nearest and dearest, those you interact with on a more frequent basis. You will begin to know. But it is not necessarily the path that all of you will take. But in her particular case, this is part of what she came here to learn, and part of what is her path is to help open others to their truth without needing to use language. It is more of an energy exchange.

Q12: She will speak to them through her own energy, the energy she projects?

LBs: Correct. She will be more as a mirror for them, so that they will recognize what they are doing and realize eventually that the drama they are setting up is a manipulation, is not really a part of who they really are, and it is not certainly gaining for them what they ultimately really want. So, it will be that kind of truth that will come to them, but not necessarily will she preach, so to speak. It will be more of a being, an energy that she puts out.

And in truth, the strongest message that one can present is being able to let the energy come from your soul, and join with another's energy. That is a stronger message than anything that can come out of your mouth. Even your psychologists admit that body language is 80% of the communication that goes on between people. And what they don't understand is that it is not just the body language, but it is the energy fields that meld together, where most of the conversation goes on. And that is what we want to teach and work with you more and more on, because the more you can learn to manage this energy, and understand this energy and, as you meld with others, their energy, [the more] you will be able to live with the kind of unconditional love, the kind of walking your path, that you so desire.

Q13: Will you be helping us to develop this type of communication . . . or knowledge . . . or knowing?

LBs: Yes, we have information that we are looking forward to sharing with you. We have suggested several little exercises that you start being aware of. Some of you are even using the (colored) energy cloths that we have talked to you about and that are being used by . . . several all over the world now are beginning to tune into those kinds of subtle energies. We will hopefully be able to help you understand that the subtle energies of sound and color and light are much more potent than some of the dense ways that you presently communicate. And even though they may not be as blatant as being able to see something happen, they are longer-lasting and can keep your ego and your soul more in balance, which is your ultimate goal. So yes, we will work with you on that. That is part of what we hope will be given to you so that you may take it out into the work place, into your home environment, with your friends, and use this information so that it may trickle out and others may begin to understand and use it. And as it expands, you will see some massive changes in the way people relate to people, because they will be speaking from truth.

There are many groups all over the entire planet that are learning about energies, the subtle energies, in various ways. And you are going to be introduced to many of these groups through one method or another. And you are going to find that each of them has a little bit different slant, that they add another piece to the puzzle. There are even some who use the same name of "Light Beings" that are coming through in Germany, and there are many other channels who are open to those energies that are coming through to promote the social order into a different way of experiencing. So you are correct in that this is presently a small group. It will not remain so; it will continue to grow, but there will be the core that learn and then decide to

distribute and work with the information.

Q14: Are the groups of energies called "The Group", and "Tobias" doing part of what you are talking about?

LBs: They are the predecessors to actually what we would call teaching more of the actual techniques or learning of the subtle energies. They are opening the door for the masses, so to speak, to understand what energies are about and how they can work. They are not getting into as much of the detail, but they are opening the doors, and they are part of the same group of energies or essences that have made a commitment to work with those of you on the earth plane to raise the consciousness so that the predicted destruction of the earth plane can be averted. So yes, they are of the same leanings, coming at it from a different perspective, that of opening more groups, more people, but not in explicit detail. Do you understand what we are saying?

Q: Yes.

LBs: They are necessary, because they are paving the way, so to speak.

Q15: I had noticed, in the past month, in associating with this person who likes to talk a lot on the phone, I finally started feeling very dissatisfied with talking on the phone. I had a sense that there was a lack of exchange of energies that you would have when two people were together and I am wondering how necessary it is for the energies to be in contact in a direct way or how much of this can be done remotely.

LBs: That's a very good question, because that again has a two-fold answer. You can connect with ones energy across the world by voice, but it must be a decision made by both people that they are going to be open to those energies and willing to allow the energy to flow. And this usually requires a certain amount of trust and a certain amount of interaction before, a physical kind of testing or of being together. Not always. Sometimes one can listen to a voice of someone they know very little about and yet pick up on the energies and hear what truly is being said. So, physical presence is not necessary.

But, when one is looking for more than just energy exchange, wanting a deeper connection, and sometimes even to hook into the other person, then physical relationship is of importance. So, that is why many times you are not comfortable speaking on the phone as much as you are in person, because that person has been able to put a certain amount of barrier up on the phone, where when you are with them in person, it is more difficult to put that wall up, and you are able to meld with the other person's energy enough to truly hear what is being said. Do you understand the difference?

Q16: I do. I had not, in my past, experienced dissatisfaction with talking with someone on the phone, but I found suddenly I could really feel there was not a real communication going on there and that it was different when we were together.

LBs: That would be a very good experiment for all of you who especially spend a lot of time on the phone. When you are speaking to someone, feel what is coming through in that communication, and you will be able to tell if that person is truly open to you and giving you the invitation to share their energy, or if they are putting up certain blocks, so that you are only able to hear the words and not feel the energy. There is a great difference. So look at that while you are using the phone in the next couple of weeks.

Q17: Perhaps this is a good time to take a break?

LBs: Yes, this does seem to be a good time to take a break. While you are gathering together and spending time chitchatting and communicating, be consciously aware of each other's energy and see what you are feeling. See if you are actually picking up anything from one individual or another, and share with that person what you are feeling. You may be surprised at how accurate you are without even realizing what you are picking up. With that, we will be back with you in a few minutes.

[BREAK]

LBs: Welcome back. Is there anyone who would like to share anything they felt about energies while you had your break?

Q18: I was trying to be really aware of it, but the only thing I feel, is just a nice, pleasant warmth with the group, nothing in particular.

LBs: Each of you stop and ask yourself at this point in time, and then give some feedback to each other. You were touching on what we are looking for when you said you felt some warmth. Ask yourself if you, in responding to each other tonight, felt there were any barriers, or if you felt that your real self could speak whatever you needed to speak, without any kind of being concerned that you were being interviewed, or that there was some sort of consideration about what was being said. What kind of energy did you feel in that respect?

Q19: I felt that for a brief moment I had put up some barriers. I distinctly felt myself do that. I realize that was coming from me.

LBs: And are you aware of why you needed to put up a barrier?

Q20: Fear, I'm sure. That's always the reason you put up barriers, is fear.

LBs: And what did you feel, if you do not mind speaking? And if you do, do not hesitate to say, but this is a learning for each of you. What do you feel stimulated or created the fear?

Q21 I don't know.

LBs: It is enough that you recognized that you put a barrier up, because this is the kind of thing we want you to become conscious of. Not only are you able to sense when others put up barriers, but be able to recognize when you, yourself, have that need, and look at why you have the need. With the group that was in the kitchen talking, was there that kind of barrier, or was that the opening and warmth that you felt?

Q22: There was opening and warmth. There was a real connection there.

LBs: So there were no barriers, and so the energies melded. And that came out as warmth to you.

Q: Yes.

LBs: So what you are learning here is that you are becoming conscious of when you are open and when you are not open. And as you become more conscious of that, you will be able to manage your energies in a more appropriate manner when you are interchanging with others.

Until you are aware of this energy, you may put up a barrier without even knowing you are doing it, because the ego is stepping in and saying, Just a moment here; there may be danger, so let's put up this wall, and don't allow the energy to flow out.

Q23: I'm beginning to recognize when I'm putting up these barriers, and make a conscious effort to not put up a barrier. I then flow through particularly difficult scenarios, where before I would always go into a fear mode, and put up a barrier. Not doing that, the outcome was so different. I realize it was all about my response and perceiving the situation differently. I've also experienced some really good energies because of this melding of the ego and the soul, so to speak--letting my soul handle more of those difficult situations, instead of my ego and fear getting in the way.

LBs: Yes. You, in particular, have many times felt it was easier to put up a barrier than to face what the fears were that caused a need for that barrier. And that is what we were originally hoping you might get to the core of. Give that some thought and consideration in the following two weeks, and see if you might sense when the fear is triggered, and see if you can grasp what actually is the core of that fear. And we will predict that you will find that each time it is the same core, although it may be cloaked in a different manner; one thing or another that causes it. You are going to see that the core is the very same. And once you can get to the core, you will be able to understand how you may be able to disseminate or completely get rid of that fear.

Q24: I felt it has a lot to do with self-esteem.

LBs: Give that some thought. We will not get into that at this time with you, but it is something that has been a deep-rooted issue for you this entire incarnation. And you are coming very, very close now to being able to recognize what that fear is, and as you are able to grasp the core of it, and be able to dismiss it, you are going to find the need for barriers are going to be virtually gone, and you are going to see some things open for you that at this time even you cannot imagine in the way of communication. So it is going to give you a much greater ability to not only bring communication to you, but you are going to be able to communicate easier to others, and they are going to sense the safeness, which is what we were pulling from the group earlier in the kitchen; there was a safeness surrounding the discussions. And when there is that melding, so that egos have stepped aside and souls are touching, no one ever feels threatened, or no one ever feels they are being singled out, or looked at, or being analyzed or being judged in any way, because there is a safeness. And that is when energies truly meld. And that is when things can really move forward in the way of spiritual growth, because you are very close then to being ultimately connected with the Source as a group. Do you understand?

Qs: That's what I felt in the kitchen, was I felt warmth, as if what was happening formed a unit. We were all in sync.

LBs: Yes. And that unit is connected to the Source, so that there is no dissemination, no breaking apart of the energies. It has melded into a complete whole, and that whole is connected to the greater whole. Do you understand what had happened?

Q: Yes.

LBs: And now you are only experiencing moments of it, but there is the potential, as you learn from this exchange, of experiencing much longer periods of time until you begin to flow in such a way that those that you interchange with sense this connection and open in a way that you have formerly not been able to communicate with. So it will give you a broader way of working with others when you can finally reach that point of safeness.

Q25: For many years there was a sense that I kept my energy very tight, not allowing it to flow out to the world, and I didn't allow energies to flow in to me. In the last year my energy has been flowing out much more freely.

LBs: This will be a good experiment for you to understand the difference. When your soul is managing your energy, the field is very large around you, surrounding you. And when another walks in and joins that field, it remains large and open. When the ego is basically in control, many times when another joins that energy, it contracts to be safe. So, notice when you are feeling that expansion. When others actually come into your energy field, are you contracting, or are you still open and expansive? And it will tell you which is ruling at that particular time. And there will always be times when the ego steps in and contracts, because sometimes it is a necessary thing for you to remain grounded. You cannot always be on the earth plane totally open until you are completely safe and secure within your own soul, so that the ego and soul are in balance. And at that point, then you will no longer have a need to contract. But until you have reached that balance, there will be times when you will sense the need to contract and regroup, so to speak, and that is usually when the ego steps in. Does that help answer what you are asking?

Q26: It does. It does. I am aware more at the level of the heart when there is that expansion. Should I be feeling it at more than just the level of the heart?

LBs: Once you have completely opened and expanded, you will feel it in every energy center of your body. There will be no fences, so to speak. There will be no fears that some part of you is going to be invaded, because there is going to be a feeling of safeness. Do not get discouraged if you are not feeling that already, because there are rare few beings on this planet that constantly feel that kind of safeness. The more you can experience it, the greater you are able then to flow and to understand your reason for being here.

Q27: I'm looking forward to the kind of exchange that I will then be able to have with others when I am open in that way. I can already anticipate the way I would affect others around me, and the kind of interactions that could then take place.

LBs: Absolutely. It creates an energy within itself that is expansive and growing, as opposed to being contracted and fearful.

Q28: The melding of the energies like, for instance, in the kitchen, I can feel, and it's logical that would be really important. But are there a few sentences you could say on how that is going to enable us to act as a group?

LBs: Think about this. What would happen in your company, which is going through a lot of chaos at this point, if you could take a core group, and let them become, and experience what you experienced in the kitchen? Can you imagine the energy that could move forward because there would be no dissension, no vying or one-up-man-ship, or backstabbing; no one trying to get ahead, or manipulation, because the caring for the greater group is as important as the individual?

Q29: I understand why that could be in that company, but I thought you meant like this group.

LBs: So, take it to this group. And once this group has melded and has become solid in its determination--and it is much too early now, because each of you is still finding your way and clearing away many of the things that are a deterrent to this growing--

Q30: Well, what do you mean, "Take it to this group"?

LBs: Once you can take it to this group, and there is the kind of melding with the entire group that you briefly felt in the kitchen tonight, you will be able to see a movement forward, and you will be able to see your purpose, and be able to share information that you will have received, because not only will you have received it, but you will have worked with it and understood it by then, and there will not be the politics, the need for one to be better than another, the need for egos to vie for office, but it will be a group energy that understands its mission. And there can be no stopping the effect this can have on those that you come in contact with. So, yes, there is a group purpose. It is much too early for us to get into details, but we can tell you that everything you are learning about energy is a great part of what you are going to be sharing. Does that help answer what you ask?

Q31: No.

LBs: In other words, you are going to have to take what you have learned as an individual, what you experienced in a moment in the kitchen, to this group, and you are going to need to learn when you have barriers up, when you don't have barriers up, how your energy exchanges with others, what the reasons are for that, and you are going to, through your exchanges outside of this group, come back and share and learn, and experiment with all of the different things you are going to be presented with until you understand energies and what they are about at a soul level. And then you take it to this group, each of you as individuals, and you meld into a massive energy that is then capable of doing far greater things than each of you as an individual can do.

Q32: That greater energy that will be created by the group, is that something that will then flow through us as we are going out doing our individual things separate from the group? Is that something that will flow through us like a support thing, and a connection that will then spread out from us, but starts with the group as the source, or is it more of a purpose that we will all be doing a similar sort of thing as a group?

LBs: Yes, and yes, and yes!

[Group laughter]

LBs: Some of you are going to join together with like interests, and learn about specifics, and certain vibrational things that can be done to benefit the people on this planet. And then some of you are going to go off as individuals in the work world and do things that are going to be of benefit. And then you are going to come together as a group unit, and that group is going to be able to move forward and have the ability to open many people. So, it is going to be combinations. And as we say, it is much too early, because you have much, much to learn yet, and you need to become aware of what else is going on in the planet, because you are going to want to join forces with certain people, certain groups, certain ideas, and bring them into your fold also. So it is not simply that there is this small group of people in your area that is going to go out and make this huge ripple on the planet. It is that there are many souls that incarnated at this particular time on the planet to be able to work with energies to raise the entire consciousness. And that is what you volunteered to do when you became a part of this group. But you knew that already, before you came, because you've always been interested at some point, at some level, in what goes on in the way of energies.

Q33: So, you are saying that we all sort of had like a contract at some point to reach this group or these meetings?

LBs: Let us say that you had a contract when you came here, a mission, and part of that mission was to work with the social order in one way or another. You, yourself, chose to work as a teacher, and you are going to use those abilities and talents with anything that you learn. It would not have mattered whether it was this group. Had it not been, you would have found another group, because you need that group energy to get done the kinds of things that you are ultimately going to want to do. It is much easier for a group energy to move forward than for an individual to be able to make much of an accomplishment. Do you understand? So, you have joined this particular group because you resonate to what you hear, to the energy of the group, and it feels right for you. Each of you had made a commitment, though, long before you knew about this group, at a very deep level to do what it would take to open your soul and move forward in your spiritual growth.

Q34: So, if not this group, another group?

LBs: Correct. So you would have been exposed to the information that you needed in one way or another. If you had not joined a group, you still would have been drawn to certain information. And each of you has had that similar experience until you reached this point. So, each of you was ready. You were primed for this joining.

Q35: I understand that part of it has to be that there is nothing we have to do; we just need to be willing to be open and free to be, and then it will just unfold.

LBs: That is absolutely correct. And until you can lay aside the fears, and recognize what your barriers have been, and feel safe in this group, you do not have the ability to go out and expand into the world. So, this builds your core safeness, your understanding of energy. And then you are absolutely right--your very being will make a great difference in all that you come in contact with, because your energy is going to be felt in a different way. Do you understand?

Q36: Yes, there was a bonding that I had achieved with a male friend, and I felt the safeness there. And that was the beginning of a big change. Now I feel you are talking about that same kind of bonding, except with a group of people, where you can feel safe about expressing yourself and letting go of some of those fears that block you so much.

LBs: Yes. You see, what has happened up until this period of the earth history is, many times this bonding you are talking about, this complete acceptance and safeness was usually experienced with a mate, or with a family member, or with a really close friend. You are taking it one step further, and you are opening to people that you truly do not know at an intimate level and allowing them to blend with your energies in a way where you can truly be exchanging, sharing, and expanding. So it is a different level of being able to open, to share energies, because you are committing to being , to be. And you are being at a soul level, and opening to everyone here in that capacity. And once you have been able to do that on a consistent level, you will then find that you are doing it in the world in a different way. So, this is forming a safe place for you to learn how to expand your energies in a way that you have never done except with close intimates before.

Q37: I've never had a mate. I don't think I've ever had a relationship with anyone where I felt safe. And so, I am taking on faith that I am going to feel that in this group. But what you describe as what will occur, and how we will begin to be able to relate in the world, and how we will be able to express our energy and that sort of thing, is like how I have wanted to be my

whole life. And so it is very exciting to hear it will be possible, and that is motivation enough to give it a shot. [laugh]

[Group laughter]

LBs: And that is very fearless of you to share that. So, you have made a great step in just sharing what you have said. And you are probably not the only one in the group who has had a similar experience of not being able to open and feel an intimate bonding very often, if at all, because it is more the normal than the abnormal for each individual to grow through their entire life with certain barriers, even with their mates, or with their family, keeping up a certain kind of image that they feel they must mirror to the others because that was what was said to them early as what they should be. So this group is to help you, to set a scenario for you, so you can dismiss all these preconceived notions that your ego has helped to build, and allow your soul to step forward and say this is it, this is who I am now presenting to the world.

Q38: Sometimes with a stranger I let my guard down, having no expectations about how I am going to interact with them, what they are going to do or say, how they are going to respond to me. I just interact, and whatever comes is fine. There is no ego involved in that. And things just flow, because I don't feel a sense of fear, because there are no expectations.

LBs: You touched on something that we would like to expand just a little bit on, when you said you have "no expectations," and you are "open." What you might observe in the next few weeks is consciously, consciously step into a situation, and knowing that you are putting up a barrier, watch how the person responds. You can always take it [the barrier] down very quickly, but do it in a way that it is not verbal, but knowing that you are putting up a barrier and you will see an immediate response from that person. If you want to give it a good test, be open, and then put that barrier up, and then watch the change in the other person's energy, because they are reading, without your saying a word, and feeling that barrier. They respond accordingly. So, if you really want to see how that works, just give it a try. A good place to try it is in the market place, a grocery store, a retail store, where you do not know that person, and you enter in a very open way and then you insert that barrier. You are going to see a great change in that person. Even though it may be subtle, there will be a different body language, different eye contact, and sometimes even different verbiage. So, if you really want to see how it works, experiment. It may really open your eyes to how you do control what happens to you with others.

Q39: I've had some experiences lately along that same line. I was in the grocery store and this lady and her daughter started talking to me, and everything was so friendly, before we left, we exchanged names and phone numbers and that's happened two or three times. Something's really changed, because it's never happened to me like that before. I see exactly what you're talking about.

LBs: Yes. You have taken down some of your barriers and opened to those who need to open to you. And so, there are never any kind of interchanges that aren't meant to be of benefit to both you and the other person. So, don't take that lightly. Be very open to what is happening, and recognize that some of these are gifts to you for you to be able to learn from these interchanges.

Q40: But I would think that being open to other people doesn't necessarily mean they're going to open to you automatically.

LBs: They may have a need for a barrier, but you are going to be able to understand that, respect that, and still give them a safe environment by your being open.

Q41: And the energy will still be different?

LBs: Yes. The energy will not be as hostile as it would be if you also put a barrier up.

Q42: More like a happy quietude instead of a tenseness, huh?

LBs: Correct. Because they will sense that it is safe for them to not have such a thick barrier, perhaps. Or maybe the barrier comes and it goes. Or maybe they open completely. But you are going to set the stage, so to speak, because you are understanding the energy, and able to control your energy more because of your understanding of it.

Q43: Would you say that most people in our culture go through life in a reactive mode, always ready to react to energy they find, instead of being proactive, and conscious of their own energy, and putting it out the way they want it?

LBs: Americans, especially, have this problem. Most individuals truly believe that their world is outside of themselves, and everything happens to them, not recognizing that in reality, everything happens from them. So, yes, most people go through life feeling that they are being acted upon, completely oblivious to the fact that they themselves are acting out what is happening. And this goes back to their intent, and taking responsibility for one's choices, because managing and working with your own energy field has a lot to do with what your choices about life are.

Q44: Moderator: Do you have anything you'd like to say in closing here, Light Beings?

LBs: We are hoping that all of you will take away with you tonight more information about the energy fields, and begin to work with them consciously, and when you gather again, then share some of the experiences that you have had, and some of the insights. And especially note your information you may be receiving in the dream state, because you are going to begin getting more and more information in that manner. So do be aware of your dreams. With that we bid you a good night.

Group: Thank you, Light Beings.

[End of session]

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