

Light Beings: Good evening.

Q#1: Group: Good evening.

LBs: Welcome back. And do you notice the energy has, once again, changed within the group this evening? There is electricity that was not apparent before. Have any of you been feeling that this evening?

Group: Yes.

LBs: So, this is opening more of your ability to feel the energies that are now coming in, and giving you the opportunity to experience even more, each of your own energies, as you share or move out to others, and as you take in, or meld, with others' energies. So, as you progress through the evening, be aware of each of you, as you communicate, both verbally and energetically, and see if you can feel the differences as you change subjects, and as you begin to get into conversations where there is more feeling, or where there is an emotional attachment to what you are speaking about. And see if you can feel the difference in the energy fields around the one who is sharing the information. So, this is part of what we would like you to become very aware of tonight, as you move forward.

Question #2: Many of us feel that the social systems we find ourselves in are ready to 'blow up,' so to speak. Can you shed light on this for us?

LBs: We can help you understand what is actually happening in the social order at this particular time. Each of you is aware of your own experiences, and changes of energy, and of the situations, the issues, the patterns that are coming up for you. And you are aware on an individual level of how it is affecting you. But perhaps what you have not thought through, or given much thought to is that just because people are not tuned in to the same kind of ideas that you are, to the same information that you are, does not mean they are not being exposed to the vibrational changes at this time. And so, what is happening is there is much confusion in the individuals, especially those who are not connected, or do not feel connected to the Source, or to the greater energies. So they are not consciously aware of what is happening. And the confusion is greater when there is not the understanding that is coming with the vibrational shifts.

Each of you has for many years studied various things that are helping you to now understand what is happening, both in your personal life, and in the lives of others on the planet. It is not as difficult for you to accept the changes because of your studying, because of your accepting certain ideas. But if you look at the planet as a whole, there are many, especially in your country, America, that do not in any way participate in anything of a spiritual nature, or have developed in any way an understanding of anything that is not tangible and what they consider scientific. So, where you see much of the breakdown, especially, is in those areas that are ruled by the scientific. And that is why you see it very often in your medical systems, and even in your educational systems, because they, too, have their rules; they, too, believe only in the tangible, in what can be written and seen. And so, there is not room in their belief systems to accept anything other than what they feel has been proven. And in that respect, it is a detriment to them, because it is very difficult for them to be open to anything that would help them understand what is happening. And so, therefore, they are simply surrounded in a fog of confusion and chaos.

And therefore, also, incompetence becomes the norm, as opposed to something that is exceptional, because of the confusion. And not only is there confusion around job performance,

but many are asking themselves why they are where they are, why they are doing what they are doing. They have much dissatisfaction, but no idea why. And so, yes, you are going to see breakdowns in every area: the corporate, the medical, the educational and the religious. You are going to see breakdowns in any area where there are those who refuse to be open enough to understand there is something that is possible that is not seen or proven. Does that help?

Q3: Everything you spoke about has always been... it's just that it seems to be getting worse now. For instance, doctors have never really understood about health, only about treating symptoms. The more that they learn, the worse it gets.

[Group laughter]

LBs: It is not so much that "the more they learn, the worse it gets." What is happening is that as the vibrational rate has changed on the planet, the physical body is having more difficulty dealing with what it is being bombarded with, everything from the pollutants internally and externally to the actual information that comes through. So, it is not so much that it is getting worse because they know more, but because there is this vibrational shift and things have speeded up and the physical body is no longer able to deal with the shifts unless there is an opening, an understanding, and steps are taken to work with this change. And that is what is happening now, is there are many, many groups that are not willing to be open to what is happening, not willing to see that the methods that worked once no longer work. And so again, as we say, incompetence becomes magnified because of this. So, it is not so much that there is more scientific knowledge, and that is creating the problem; it is simply the shifts of the vibrational rate that have changed things.

Q4: It's not the knowledge that's creating the problem. It's just that they seem even less capable of using what they know.

LBs: Because the rules have changed. What used to work many times, even in the healing of the body, worked in a different way than it does at present, because the person that a doctor may be trying to heal now may have opened, or may have vibrationally shifted to the point that the methods they are using no longer work. A subtle energy of some type, an alternative healing of some type may come nearer to working because it is more of the same vibration of that person than an allopathic remedy. Do you understand? It is a change also in the patient's body. So, it is a dance that is going on.

Q5: Do we not know how to join that dance? Is that what we're learning now?

LBs: Yes, that is what is being learned now. You are learning to manage your energies, the energies that are not something that is particularly seen, and it is not something that is easy to maybe put a handle on, so to speak, and so it is going to take some work, some understanding, some opening, to be able to work with these new energies, with these new vibrational shifts, with the new chakras that are being triggered at this point. There are areas of your physical body that have become . . . It's very difficult to explain. You were speaking earlier about "rewiring," and perhaps that is an easy way, a very broad way, to explain, but your body is making some cellular changes to accommodate this vibrational change, and those cellular changes are not always necessarily easily accepted by the body. There sometimes is illness, there sometimes is some emotional upheaval, and you have to adjust. There has to be adjustment.

Q6: Is whatever is happening in the head also causing a shift in the body?

LBs: And that is very accurate, actually. If you could see your individual cell structures, and see the molecules, the very basis of your body makeup, if you could see that, you would be amazed at how different it is from seven years ago. So, you are accurate in that it is a shifting that is taking place, and so, it is not always easy for the body to accommodate that shift easily, especially for those who are growing [spiritually] perhaps a little more rapidly than the body is able to handle. That is the reason that we always caution that you do not try to open too quickly. Give yourself time to assimilate information before you move to the next step, or you could actually push the body into a healing crisis because it can't manage the shift so quickly. And sometimes that happens even when you do try to pace yourself. So, yes, that is exactly what is happening, there is a shifting.

Q7: If the vibrational shift is a universal shift it a part of me, but at the same time, it is also external to me and bigger than I am. So, how I can I have individual control over how fast my shared universe rises in vibration?

LBs: Let's separate the two things we are speaking of. Yes, there is a universal--not just of the earth plane, but a universal, rising of the vibrational levels. And that is, as you say--although there is no such thing as "external" or "internal;" it's all part of the whole--but that is what you perceive as "external." And that is one part of this change. But the other part is that you are an individual cell of the universe, and this individual cell is also making some changes. And that is what we are saying you have control over, is how fast that particular cell shifts, moves forward, or doesn't move forward. And there are many who have decided to leave the planet at this time because, vibrationally, they do not want to deal with the shifting. So these cells will leave the planet, because that will be an easier way for them. And there will be others who will make the shift, who will be able to deal with the vibrational change, but it may be more painful if they are not aware of what is happening and learn to manage the energies in a more productive way. So, yes, there is a universal shift, and that is forcing the cells to make changes also, but each individual cell has the choice to work with the vibrational shift at its own speed, at its own level. Do you understand?

Q8: You said that some people have chosen to leave the planet to avoid the shift, but you said it's a "universal" shift, so leaving the planet won't allow them to avoid it, will it?

LBs: They will not have to deal with the physical, the denseness of the body. Yes, they will still make the shift, but it will not have the albatross of a dense body, as they see it. So, there will be some who will decide it is not where their energy is to be spent, and they will make that decision. And there will be many of you, even in this room, who will at times wonder if they made the right decision--

[Group laughter]

LBs: --by making the shift on the planet, because at times it becomes an emotional problem for you because you can't quite grasp what you are working with; because once again, you have been taught from the time of your inception here that the things you believe in are seen, the things you can work with are felt. And what you are working with now can neither be seen by the physical eye nor felt by the physical hand. And so, you are in new territory, and the rules don't necessarily apply as they did on the dense planet before.

Q9: [Personal question].

LBs: ...each of you, with every emotion that you have experienced, not only in this incarnation, but in other incarnations, there is an energetic memory. And this gets quite

complex to understand, because it is not the same as a physical memory, because what you are actually storing is the energy of the experience. And in your case, you have had more than one lifetime of experiencing this abandonment that you felt at that time, but [you were] able to come through that abandonment feeling, that fear of being left isolated and alone, through your connection with what you at one time considered your God, at another time you considered . . . you were almost a . . . we will say almost a nature lover. So you even experienced it by being [with], feeling even trees, and the land itself was a part of your feeling of helping you get past this aloneness and isolation. And so, that has been the thing that has been able to keep you from feeling total desperation when these feelings of isolation and abandonment encircle you. And you are pulling from many energetic memories, many energetic patterns, and combining some of this to help you get through the next time that fear surfaces. Do you understand? And that is what you are beginning to put together.

LBs: And what we would like to see all of you work on is bringing to the surface some of your core energetic patterns, core energetic memories, and be able to understand how these can be used in your present day to help you with issues that you have been afraid to work with, issues that you have been afraid to face, issues that have held you back from being all that you can be in your essence. And that is what you are . . . we would almost say "on the brink of" opening, almost like cracking an egg shell. And it is bleeding through for you, as you say, in bits and pieces. But soon you are going to be able to access that particular energy pattern, and every time this little fear of abandonment and aloneness and isolation comes up, you will be able to pull that other energy and dispel the fear. You will be able to actually manipulate that. So you are playing around with it at this time. And so, be open and keep good notes when you have these experiences, because patterns will develop that will be helpful to you. The more you can see the patterns, the easier it will be to work with the energies.

Q10: What's the difference between an image and a pattern? [Images seen in dreams]

LBs: Well, you are going to find that you do have similar images, but they will vary somewhat and there will be a specific thread running through each of the images. And as you keep notes, you will begin to see a pattern developing, and that will be what will help you to understand a particular energy and how you can use it. So, you are just beginning. You are just opening to this now. And it will become more and more accessible to you, these images, and they won't all be the same. And that is why we say to keep close notes, because it will be to your advantage to be able to go back and look at these notes and begin to understand the pattern. And the pattern will help you, then, work with the energy that is a part of that. And I know it sounds somewhat confusing, because this is a somewhat new idea to you, but it is something that we are hoping to work with all of you on in the future in accessing some of these energetic memories that you have access to, but aren't aware of the power of, and so get little bits of them in a dream state, or even sometimes when you are daydreaming, or in your dream world when you are envisioning some of the things you want. But you don't know how to access it yet, how to use it to your advantage.

Q: Thank you.

Q11: I have a question about the universal shift that's going on right now. Is it going to make this plane less dense?

LBs: Let us clarify this a little bit. You are in the throes of a shift now, and there will be a period of time when those who make the decision not to work in the light and not to work with the shift will remain in the denseness. There will be the division of the dense who work with the dark and the light and less dense. But ultimately, each soul will have the opportunity to become

more and more of the light. And as that happens, the denseness of the planet will become less dense also. But for a time there will be a division, so that there still will be pockets of denseness and pockets of less dense.

Q12: And we can affect this denseness in some way?

LBs: Yes. Although there is the universal shift, each individual can aid in that shift, can help perpetuate it at a faster rate. And as groups get together, there is more energy, more power, and so, as there are more and more groups forming to work with the light, there can even be greater progress in that respect in aiding, as you say, lessening the denseness, because it is raising the vibrational shift.

Q13: What is the advantage of moving through this vibrational shift in the human body versus leaving the planet and doing it there?

LBs: That's a very good question, and I'm sure quite a few people ask that. Those of you who chose to incarnate chose for various reasons, of course. Not everyone chose for the same reason. But every soul will take the opportunity at one time or another to experience the denseness, because that is the only way that you can understand opposites. It is the only way that you can truly expand because without completely understanding that opposite, it is much more difficult to continue expansion.

Now there are definitely essences that have never incarnated, but they do not have the same soul purpose. Those that incarnate have a . . . and this gets extremely difficult to explain in words. If we could only share the energies of what is to be said here, and not have to explain in words . . . Picture an ocean and realize that that ocean is made up of many, many millions and billions of drops of water, but we would defy you to be able to divide the ocean into those drops. And this is truly, if you can envision, truly what the soul base is about: it is an ocean. And some of those drops remain out in the middle, and never really come on shore and feel the sand, but many do come and break on the sand and go back. But you cannot break that ocean into those individual drops. And that is the soul base. When we say "you are one," that is what we mean. And so, even though the planet gives you an opportunity to experience certain things that you could not experience without the denseness of the planet, there are certain souls that may never, ever reach that shore--for lack of desire or just because it doesn't happen or . . . there is no real reason.

But there are some souls that are drawn to shore, drawn into the denseness, because that is the way they have determined to expand is through the opportunity of separateness. And that is what you experience on the earth plane is separateness. And until you can . . . When the ocean breaks over the sand, the drops are individual for a moment before they go back in. And that is what you are when you come on the earth plane: an individual drop that goes back into the ocean as you leave. And you experience and expand through the earth experiences, and it gives you an opportunity to expand in a way that you could never expand without the denseness of the planet. Does that help a little bit?

Q14: I've been reading that in this time that we're in now, beings from other places are so supportive of what is happening to us who are choosing to come and do this now because as we do it, they can also have that experience.

LBs: They grow from working with you, yes. They also expand, but in a different way, in a different way because they are not a part of the actual denseness of the planet. And again this gets extremely complicated, because why one drop of the ocean decides to come on shore and

another drop never ever gets close to the shore is difficult to really understand by anyone. But it is as your cells in your body. The liver cells have a particular reason for being a liver cell, and a brain cell has a totally different reason for being. So it is much in that same capacity that as the soul . . . and again we do not like to use the word "separated"--as the mythology says, "as the soul broke apart and separated"--because that in actuality never has happened. It is a perception that there is separateness, but there is no separation of souls.

[BREAK]

LBs: Welcome back again, and let me ask: Did you notice the difference in your energies as opposed to the energies that you might have experienced in previous meetings?

[Group: "Very forceful," "I felt a little more open, not quite as closed," "Yeah! Loose."

LBs: Yes. What is happening is that you are expanding your fields, because you are dismissing most of your fears, you are beginning to feel comfortable with each other, and there is a trust that is being formed, some sort of bond, not a real complete one yet, but a bond is beginning to develop. And as there is the trust and bonding, then the expanding begins. And each of you is beginning to assert your own power in a more forceful way, and that is what you are now experiencing. So, be aware of this, and understand that any time you begin to open, and put away the fears that cause you to contract your energies, the field becomes broader, and you can integrate at a much greater distance with others, and communicate in a much greater way, without actually speaking a language.

Q15: Well, today for me, I literally had to leave the room. It was like the noise was overwhelming. I mean, it's wonderful, the joy and happiness; it wasn't like I felt closed at all; I just felt overwhelmed.

LBs: Yes. You are experiencing a little bit more of a difficulty with the energy because of some of the other things that are going on in your personal life at this time, some things you are dealing with that are causing you to take a good look at some of your issues, and how you have used your power in the past. And so, that is creating for you a little bit more of a tension in your energy field. And because this group tonight is expanding and expansive, you are feeling that, and yet, you feel sort of reeling from your last week or two of experiences, and are not quite able to integrate all of these different energies that are coming at you. You understand? It is not a negative thing. It is simply that your "cup runneth over," so to speak, with energy right now.

Q16: That's how I felt. I had to get away for a minute, to stop, you know--move away from all the energy.

LBs: And you may find that it would be to your benefit to do this as frequently as possible in the next few weeks, because you need that centering, that regrouping of your own energy, that balancing.

Q17: Yes. I feel unbalanced.

LBs: Yes. So that's what's happening with you. It's a little different with you right now than maybe it is with some others, because you are . . . Well, we don't want to say that you are . . . you are almost in pieces. It's difficult to explain what your energy is like right now, but if we could show you a picture of your energy, your energy field, we would be able to show you little gaps, little indentations where some of your emotional--as we were talking about--your emotional, energetic memories are influencing or being a part of. And you are working with it at

a real deep level right now, trying to bring up some of the issues that have stopped you from using your power, your essence, completely. And it is creating an energetic tension for you.

Q18: That's what it feels like.

LBs: Yes. And it is going to take a little while for that to subside, for you to work through it, so don't be impatient; just understand. But allow yourself time to integrate, and allow yourself quiet time away from others' energies.

Q19: So that's the best thing I can do?

LBs: Absolutely, absolutely. Because it gives you time to regroup and to balance and center. Find some centering methods that work for you. And again, we bring up music for you.

Q20: How do caffeine and sugar affect my energy, or my ability to center?

LBs: Are you familiar with kinesthetic or muscle testing?

Q21: Yes.

LBs: Do muscle testing with your coffee. Just put the coffee grounds in your hand, and [also] test for sugar.

Q22: How does it affect me energetically?

LBs: Caffeine, in your particular case, because you do have these breaks in your aura, so to speak, at this time the caffeine magnifies those breaks, creates almost like a static. And so, it does affect you. It causes almost an underlying . . . even "tension" is not the word . . . almost like an electric current. Notice if you do without caffeine, or when you add caffeine; you will feel almost a little electrical current almost.

Q23: And sugar?

LBs: Sugar is a different. It is a draining, a leaking of the energy.

Q24: So my energy really is being affected by those, and it really would be to my benefit to stay away from them?

LBs: Absolutely. And if you have any doubts about that, as we said, do your muscle testing. You will see that you have no ability to tolerate either one of those at certain times. Test it at 3 in the afternoon, test it at 10 in the morning, test it at 7 in the evening, and you might be surprised.

Q25: Why those times?

LBs: Those are three periods in your particular make-up that you seem to have highs and lows in a more prominent way, and by testing that, it will help you understand why you specifically need to avoid at those particular times.

Q: Thank you.

Q26: I would like to demonstrate trust and the sharing, and would love to have you name for me the top three negative beliefs I live with, because beliefs can be very powerful. And identifying them for me would be useful, not as something negative in itself, but simply to understand, so I can focus my growth to eliminate them, and allow the positives to grow and shine even more.

LBs: May we say, we prefer not to label specific energies in that way. And we have a reason for not doing that. There is a very strange thing that happens in the human brain, the human psychology, the way that information seems to be related when one hears a word that has a certain connotation and applies that to themselves. And so, therefore, you will notice that we usually avoid what you call "negative" or even "positive" IDs with someone for that very reason, that we do not want you to identify specifically. Now, what we are more than happy to work with you on is a concept. We don't have to label a concept in the same way as a trait like you are talking about, because basically one is not-- For instance, if we labeled someone fearful of change, say--which happens to be a human trait in almost everyone--but if we said to you, "Well, part of your problem, the reason you are not growing, is that you have a fear of change," something about that label causes you to say, "I have a fear of change," and it becomes reality. Your perception, then, is that you have a fear of change. But if we present to you the concept that here is a puzzle, a puzzle that you are trying to put together to make a whole of your life, and we are going to work with you on some of the pieces of this puzzle, and one of those things that we'd like you to take a look at is how do you go about working with change, that is a concept. Do you see what we're saying?

Q: Yes.

LBs: And so, what we're going to say to you now is to take a good look at your passions of several years ago, and follow your path that you took with those passions, and discover where you dropped your blocks, so that the passions were no longer allowed to be expressed. Do you understand what we are saying?

Q: No.

LBs: Okay. We'll give you a specific exercise. Write down for the last fifteen years every passion that you can remember in a column, and then put another column and write what blocked that passion, and you may be very surprised at the information that comes from that. And that will be the door opener to one of the questions that you just asked. So, we are not giving it a label, but we are saying to you that this will help you determine what one of those issues that you consider a negative trait is. So, start with that one, and we will continue to work with you on those.

Q27: Okay. I use negative and positive just for simple clarity.

LBs: Yes; we understand that. But, as we say, we do not like to attach names, or be specific. We would never like to say that a soul is this, this, and this, because that is not the way a soul works. A soul works in intertwining, in intertwining. So it is not this, this, or this.

Q28: The word "incongruity" came to mind when you were describing the concept, or the conceptual approach.

LBs: Yes.

Q29: I would really like to improve my physical health, teeth and gums. Is there any particular way of helping that you could say?

LBs: This is something that you need to recognize has some deeper meaning than just that you want to clear up something in your personal hygiene or your body. There is an underlying . . . again we feel the word is "block," that is preventing you from seeing clearly what you need to do, not only for your personal health, but for your personal mental well-being. And that is why we suggested the exercise. And you are going to see that that is going to tie in also with your concern with your teeth and gums, as you mentioned, because it has to do with being able to take bites out of life, and taste them thoroughly. Work with that. And we know we are being somewhat elusive, but we are reaching the point with all of you that we want to say we are not going to give you specific answers, but we want you to find the answers, because ultimately each of you has the key to every asked question that you have. And we want to work with you to help you discover the methods to find those answers. So, we're not being elusive for just the sake of being elusive, but we want you to understand that there is a connection between the reasons you have blocks that have stopped your passions and the reason you are having some difficulty with your gums and teeth right now. And it has to do with actually taking a bite, and fully tasting, and chewing, and enjoying what you are consuming. So, work on that and come back and share.

Q: Okay.

Q30: I'm planning to leave the teaching profession this year. Will the suggestion you just made also help me determine what I will be doing? Also, as I leave the profession, since I have made the decision, I am being inundated with a lot of power and control issues. I'm really aware of it, and feel like I need to resolve some things before I leave. Do you have any suggestions?

LBs: Part of your reason for leaving is to avoid completing some of these issues that you are talking about, with the power and the control. So, address them one by one. So yes, you are absolutely correct; the suggestion we just made would be a very good one for you also. What happens many times, with those of you, especially those on spiritual paths, is that you incarnated with talents, with abilities, but somewhere along the way you put up blocks so that you no longer even recognized the passion, recognized the talents. And what we are trying to help you see, So yes, use that exercise. It will be very helpful for you. And as far as your power and control issues, do not be afraid to openly face each of them as they come up. You are going to find that everyone in this room is now experiencing much concerning personal power, and activating their third chakra.

Q: Thank you.

Q31: I have a very, very odd question to ask, who am I?

LBs: That's not an odd question. That is a very profound question, and it simply means you have finally reached the point that you are ready to start peeling off the layers that you closed yourself with as you incarnated and accepted the malaise of the time, your family structure, your peer structure, and began to layer it until you forgot who you truly were. And this is a uniform problem. It is now time to start peeling off each of those layers, and that is fearful for many and it is also hard work at times to realize that you have lived a facade in many areas of your life. And it requires a lot of courage, a lot of determination to keep peeling off these layers and recognizing that many of them were simply a method of survival or protection at that time of your life but are no longer needed for the essence of you to be able to come through. And so, there are many methods that you can use to start finding out who you are. The exercise that we

suggested would work for you, but more than just your passions with you, it would be more your dreams, because that is what you have tended to block. So, do the same kind of thing, but go back to your early years and start re-experiencing the dreams, and you will begin to get a hint of who you are with that. And eventually you will begin to peel away enough to start recognizing what that core being is about. And it takes time, it takes work, and it takes commitment.

Q32: I believe I developed a blockage when my sister was killed. What relation do my deceased sister and my father have to me now? Are they guides for me? Have they gone to the other side, or are they still on this plane?

LBs: Your father is having some difficulty with making the separation from the earth plane, so he does tend to have an energy that still is present many times. Your sister, however, only comes when you have a need for her, and she is there, more or less as a guide, or as a companion for you so that you do not feel alone. And then, at other times, she is certainly not connected or tied to the earth plane, so she is not having nearly the same problem as your father in that break. But both of them are in touch with you fairly frequently, to give you support and, more than anything else, to confirm that their energy still is present, and never dissipates completely, but is available to you when you have a need.

Q33: So, is there something I can do to help my father make that transition?

LBs: You could actually talk to him and help him understand that there would not be a big loss. He is concerned, and still living much in the astral area, wanting to experience . . . he didn't feel that he experienced many things as he would have liked to when he was on the earth plane, and there is regret in that area. Help him understand that he can always reincarnate, and have a chance to re-experience those things that he has a lack in this lifetime, and to release those desires now, and to allow his growth in other areas that do not demand a dense body. And encourage him to move on to the next level, so that he can begin to expand and grow, without having to be connected to the earth plane. And then, when he is ready to incarnate, he will be able to come back and have those experiences. So help him understand that this was not his last chance at it, because he's not moved far enough away yet to even quite understand that. There is still confusion there.

Q34: Was it his choice at that time to go, or was it something put upon him?

LBs: Again, there was confusion around it, a great confusion around his leaving. It was almost like a mistake.

Q: Thank you.

Q35: I would like to ask if there was confusion around Mom-mom's leaving.

LBs: She had made the decision six months to a year ago to leave, but her body was not ready; so, she was very ready to make the exit. And the reason that there has not been a connection yet is that she went in and out of her body quite a few times before the last exit, and she has now, more or less, made the break completely but will be returning to comfort and make the connection at a later time; but it could be up to six months before she is ready for that. She's just not ready yet. She feels that she needs this distance. And sometimes that happens when one leaves. They need to make the break and have the distance for a while, and then they will come back and make the connection. But she was very ready to make the exit.

Q36: Then she's okay?

LBs: Yes. She's relieved that there is no longer the pain of the physical body, and as we said, she had experimented by exiting and entering, exiting and entering several times and was looking forward to that final exit. So, she doesn't feel that she did anything . . . She did not mean to hurt anyone, but she felt that you all would understand that she had had enough.

Q37: I have a question. Is there anything more that I can be doing than I'm already doing to prepare to receive the next great love of my life?

LBs: You are still cleaning up some debris that has kept that entity from coming into your life, and you are beginning to understand now some of the reasons why you had not brought in the correct energy for you, because had you brought in the kind of energy that you were ready for even six months ago, then six months forward you would have been already tired of him. So, you have a little ways to go yet before you are going to be comfortable bringing in the kind of strong energy that you are going to need to bring in to satisfy you in the future. So, do not become impatient. Be open. The entity, the energy that is going to come in, is going to not quite fit the pattern that you think perhaps he should, so try also to be open to something that seems maybe a little foreign to you.

Q: Thank you.

LBs: But yes, you are on the right path. Continue clearing. You definitely understand some of the things that have prevented you from having someone to join with.

Q38: Moderator: We have about five more minutes or just a little more than that. Is there anyone here who hasn't asked a question that would like to, while the opportunity is still available?

Q: I just wanted to say thank you.

LBs: We thank all of you for coming. We hope that you will go back these next two weeks, being very aware of not just the energy that you are expanding out, but how the energies that are coming to you are melding, and see if you can differentiate between the different kinds of energies to the point that you can almost give them names. Because this is going to be of importance as you begin to open to deeper relationships, because many times relationships are the best playing ground for understanding and learning about energies. And if you're afraid to allow your energy to expand, and if you are afraid to understand the makings of your energy, and how you change it, and how you affect others in that change, if you are afraid to understand how those energies meld with your energies, then it is going to be difficult for you to form a real, honest relationship.

And so, if you can, in the next two weeks be consciously aware of when you walk into a room and you address those verbally and energetically, those in your field; be consciously aware of how you're addressing, and with what kind of energy. Is it expansive or is it contracting, is it warm or is it cold, is it red or is it blue? Sense all of these things that go on in the energy field, and be aware then of how the other person's energy is coming into your field, and play with that. And then you will start recognizing energetic barriers that you are putting up, dishonesties that are going on in your exchange of energy, or open honesty that is going on in your exchange of energy. So play with that, be aware of that, and see how you truly are managing your own energy and integrating others' energies into your field. And does it help you expand yourself or contract yourself when you are in another's particular field?

Q39: I guess that's why you suggested we practice at the supermarket and not at the workplace?

LBs: Yes. Or not even in the home, because there are emotional attachments that get in the way of these experimentations when you first start, if you work with someone that you have an emotional bond or a hook with. But if you do it with someone like a grocery clerk, then the emotional attachment has been taken out of it and you can understand the interplays, the energies better. And then you can bring that back into your home base or into your work place and begin to work with the energies openly and understand how the emotions are affecting it.

Q40: In other words, let the discovery process be with a disinterested third party, and not your boss?

LBs: Correct, because you are not attached to the outcome with that clerk, but you are attached to the outcome with that boss, because that could determine whether you get that next week's raise, or that could determine if you get an extra load of work. It could make a difference in your life. So yes, there is a different attachment there, and until you can understand the management of the energy, then it is more difficult to work with when there is attachment. And it is even more difficult when you bring it in on a more intimate level with someone. Are there any questions in that respect?

Q41: Just a comment. That's why I'm working at a retail store. It's quite interesting for me.

Yes, because it has given you the ability to encounter many, many different kinds of energy in a very short period of time, but you're not attached to how your energies are maybe integrating with their energies because you're not taking them home with you, they're not affecting your salary, at least not in a great degree, and so you can play with this in a more comfortable manner, without a big fear attachment. So it is a great playground for you. And you are learning much, even at a subconscious level, about energies in this exchange you are having with the people who come in. And we will tell you that you are not there permanently, and you know that.

Q: Oh yeah! [Group laughter]

LBs: So take the advantage of this playground right now, because you are going to make a change fairly soon. Can we share a symbol or a vision that we see about you?

Q: Yes. Please.

LBs: We didn't ask you to do these exercises just for fun. We asked you to do these exercises because the first thing we saw when you asked the question was that you are a very, very intense, passionate person who has taken so many of your passions, put them in a box, put the lid on tightly, set it down, and put a fence around it and walked away. And you must find out how to take down the fence and open the box back up. And that's why you are on this sabbatical right now, because you needed some healing time, and you needed some time to get in order a way of managing your fears, and your energies, so that you could get back to that box and open it back up again. So we hope that you will take seriously the exercises.

Q42: It seems most difficult, actually.

LBs: Because it is difficult.

Q43: Just to come up with what are my passions.

LBs: Because you have put them not only in a box, but put a fence around it. Work with your dreams.

Q44: I had a dream the other night of seeing myself as a stack of boxes, literally six or seven boxes, and that's what my body was, was boxes. And it was really funny. And I looked at them, and I said, "Yup! I'm just a bunch of boxes."

[Group Laughter]

LBs: Work with that energy. It's very apropos.

Moderator: I'm sorry, but we're going to have to end this now or Joyce's body is really going to feel it tomorrow. Thank you, Light Beings. Thank you so much for being here with us tonight.

LBs: Thank you! It is a great pleasure, always. And we are very pleased that each of you is beginning to take into consideration something other than what you can see and feel.

[End of session]

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