

Moderator: Joyce will say out loud for us her affirmation that she does to center before she goes into channel.

Joyce: I surround myself and the group with the Christ Consciousness, the white light from within, and from without, and I ask that my personality and my ego step aside so that I may be a clear channel, a clear vehicle, for information to come through from the highest source possible. I ask that the information that comes through be of benefit for any who read or hear it, and I give gratitude in advance for the information that we receive.

Light Beings: Good evening and welcome. This is a group that we truly enjoy being with, but we feel that the energy is somewhat mild and laid back tonight. We do not feel the same vibrational electricity that has usually accompanied most of you. So you must be preparing for a shift. Do you feel that that is perhaps what may be happening?

Group: "I do," "I'm ready for a shift." [Laughter]

Light Beings: We open then for any questions that you might be having, or if you would like to share anything about the energies that you have been experiencing in these past fourteen days.

Question#1: I sense my grandmother is going to pass on, because she has taken a turn for the worse. I feel that she has been some kind of spirit guide for me, even while she's alive, and I wonder how she will guide me, or support me after she passes.

LBs: She has definitely not been a spirit guide, but you have attached to her, and there is a love energy that has been continually shared since you incarnated. And this happens many times with grandparents, because there is that genetic link, as well as a spiritual link that is different, even than your parental links. And so, yes, you have had a tie there, and that will continue once she passes. But you must give her some time, because she is going to need a sufficient amount of your earth time for her to make the adjustment in the dimension that she will then enter. But after she makes the adjustment, she will not only come to you in dreams, but you are going to be conscious of her presence. Within days after she leaves, you will be feeling her energy, and then will be able to call on that energy many times when you feel that you have the need. So that connection will continue. It will never be broken for you. So, rest comfortably knowing that, and understand that she is ready to make this transition. She has decided that enough is enough, and she is now ready, and does not have any apprehensions about the transition.

Q2: I get the sense too, that the grief that I'll experience with her is going to change me? Is that going to shift, or open me somehow?

LBs: It will test your belief system. If you are really a part of what you say is your belief system, you will learn rather quickly that the energy is still present of that particular entity and you have not lost what you thought you were going to lose. And so, it will open something for you, and give you a stability that you do not have at this time, because you will then recognize that there is no true separation once you have formed a bond with someone, especially if that bond is of love. Then you are going to be able to continue that kind of interchange, even though it is not on a physical basis. Even though there is not the density that is present in a physical body, there is still that connection, and so, it will open you to understanding much more than you understand at present. Because intellectually you know that there is no separation, there is no true annihilation, that the soul moves from one dimension into another, and then continues on its expansion, but that is intellectual for you now. Once you have experienced the passing of

someone who is close to you, and you can fully feel that energy, then you will understand much more clearly what the belief truly is about, what your understanding is about in that continuation of the soul. So yes, it will open you in that respect.

Q3: I'm going to be a grandfather, and I'd like to know what you can tell me about the 'crystal energy' child that she's carrying.

LBs: The children that are coming in now, many of them have chosen to incarnate at this time because it is going to give them the opportunity to work with energy in a way that has not been possible on the earth plane since the Atlantean period, which moved then into the Egyptian period. Since then, there has not been the use of energies in the way that this is going to open in the near future. And these children are bringing that knowledge from those particular times into this particular era of your earth plane and will be able to use it.

So you will find that these children are not going to involve themselves nearly as much with the dysfunction of each individual family unit that transpires. There are almost no families that do not have some of the inappropriate actions that affect children, and there are no children who do not receive inappropriately, or perceive things that are not really accurate, so that they too bring in some of their psychological disturbances and bring them up into their adult years. So, that is not going to be as prevalent with these children. They are not going to attach themselves as much to what is external as to what they feel is in themselves, a much greater trust of their own intuition, and their own ability to create their reality. So, that is going to be the biggest difference, they are going to take more responsibility, earlier, for their reality.

They are going to understand the use of the energies. They are going to understand what creates balance in one of the energy centers at a much deeper level earlier than you have, for instance, because you had to relearn it, or recognize it again, and they are not going to have to go through that process.

Q4: Is it going to be easier for the next few generations to master their intuitive abilities with energy because they are gestating into a higher vibration than we did in the past?

LBs: Their bodies are going to be of a little bit different vibrational rate, yes, and so that is part of what helps them to accept it. Part of it is also that they are bringing in that memory, and it is a conscious choice of not bringing in the forgetfulness that you normally bring into an incarnation. Does that answer what you are asking?

Q5: Not as much forgetfulness?

LBs: Yes. And this is a conscious choice of those souls that decide to enter at this particular time, because it is necessary for the adjustment of their vibrational shift.

Q6: Last time, you suggested that we begin noticing energies, different kinds of energies, with the people that we are in contact with, and I had an unusual experience in my dancing class the other day. The dancing room was so dense, and it felt very heavy. I had the physical sensation of dizziness. It felt like everything was in slow motion. Is there something I could do so that I wouldn't have that sensation when I encounter groups like that?

LBs: Yes. This is something that we are hoping to work with all of you on in the future, because as you begin to recognize, from a true feeling of opening, the different chakra levels, and as you begin recognizing others' energies, it is going to be more difficult for you to be in

groups where the intent is different, or where the vibrational level is not the same. And as you know, even though, as you say, your line dancing has been an easy thing for you, and you fairly enjoy dancing, many of the people that are there have a different intent, a different agenda, so to speak, than you do. And so, you are recognizing the differences, and it is creating some discomfort and creating some confusion for you, because you had not been aware of it before, because you were not open to understanding the energies.

You made the decision, a commitment, to become more open when you opened to this group. And all of you are beginning to notice, when you go into crowds, into restaurants, when you are in groups, you are beginning to notice whether it is a thick energy, or whether it's a high energy, or a laid-back energy. Is this not true? [Group agreement] And you are going to become much more aware of it as you begin to open yourselves to the idea that you have some ability to not only affect others with your energy, but you have the ability to keep others from affecting your energy. And that is part of the learning here. And so, what you are going to need to learn to do, once you are conscious of an energy that is not particularly comfortable for you, is to be able to not put up a barrier, which is what normally happens when someone encounters an energy that they are not comfortable with. Because they are not aware of what is happening, they put up a barrier, be it body language, or an actual mental barrier. But when you are beginning to learn about energies, and you don't want to put up a barrier, you want to be able to transmute that energy, so that it can flow through you as opposed to affecting you. Do you understand what we're saying?

Q: Yes.

LBs: So use some of your ability to visualize color when you are feeling that, and use the color gold, because that is a transmuting color. You can also use blue, because that is calming, and helps you stabilize to an extent. If you then feel any hostility, use your pinks, but in normal encounters, you won't feel hostility, you'll just feel the uncomfortableness. And so, let that energy become transmuted, and you will only let it go through you. You'll receive, but not absorb. Do you understand? So try that, and see if you don't find that you are back to enjoying your dancing as before, but on a different energetic level.

Q7: I've been experiencing for some time now, just seeing an energy. I notice it at night before I go to sleep. It looks like a vine with little leaves on it. And sometimes I see light playing on it, and different colors coming in and out. Is it true that the ancients of the past, when they learned to transition, used an energy body for the transition? And would we now be creating another kind of energy body?

LBs: In the transition of your body? Is that what you are asking?

Q8: Yes. What we would travel in.

LBs: That's going to differ for each individual body, as far as you are talking about the transition, because each individual entity has its own concept of what a transition is going to be like, and so, more or less you will follow that idea of what that transition is going to be, so you are comfortable with it. It will be an individualized thing. But what you are experiencing in that particular case is an entity . . . This is going to be very difficult for us to explain to you in words because it's an energetic thing. You are . . . we won't say "opposed to," but you have difficulty with anything that is of the dark, and prefer never being exposed, and have not completely understood this balance of dark and light. And so, what you experienced has more to do with helping you understand that it is not a black and white issue, this dark and light, that there are

things that you may not understand that can give you some discomfort or concern and do not need to be understood at that time, but when you are ready, you will be able to interpret. But that particular thing that you envisioned has to do with wisdom - wisdom of the ages - that you are beginning to absorb. And it is a visual, to help you understand that some of what you absorb of wisdom might be seen as dark and some--as you said, it played lights and darks--and some might be of the light, but it is a wisdom that you are beginning to absorb. And it is very difficult for us to explain that in words because it is more of an energy that you are absorbing.

Q9: That's what it feels like. I don't feel fearful or anything, I'm just intrigued.

LBs: Yes, but you don't understand it . . . and you don't need to understand. And you picked the symbology of something that was close to looking like ivy, which you interpreted in your intellect, without realizing it, as part of the "old school." So, it is really a symbol for you of absorbing that wisdom of the ages. But in getting back to your transition question, each person will transition very much in the vehicle that they see themselves as appropriate. It's just not of importance really what one chooses.

Q: Thank you.

Q10: I've had so many changes going on in my life I can't keep up with them. My dreams are the same way, lots of them having balls of light coming towards me with symbols, but when I wake, I can't quite make out what those symbols are. What do they mean? Do they have anything to do with my past lives? And can you tell me what, or who, I was in my past lives?

LBs: You're not remembering the symbols because you're not quite ready. You're not quite at the point yet, where you're going to be able to interpret what the symbols are meaning for you. Be patient and make very close notes of your dreams, because that is of importance to you, what is surrounding the entire dream, and what the emotion is that is attached to it. And eventually you will begin to get the symbol much clearer.

You were, as many in this group have been, a part of the priestess cult in the Egyptian era. You used a lot of light, color, and symbology in your healing work. You are beginning to remember some of that information, but it is still at a level where you cannot bring it to your conscious mind. But that will come as you begin to open even more to the energies. So, what might be helpful to you is to spend time working with each of your energy centers, especially your sixth and seventh, allowing information to come in, and make notes of anything you are feeling, seeing or wanting to write down. And don't ask what it means at this time, but you will begin to understand, and it will become clearer and clearer for you as your mission becomes clearer.

Q11: When you say "Egyptian," is there Chinese involved anywhere in that?

LBs: You have had a Chinese life, but this is not a part of what you are experiencing at this present time.

Q: Thank you.

LBs: Many of you have, at one time or another, experienced lifetimes in Egypt, in the Chinese periods of great spiritual development, and also the Peruvian era, the Mayan era. All of you, without exception, have been in one or another or many of those particular lifetimes, and you

are beginning to remember, because you decided to incarnate in this particular time, because you knew you needed to remember some of these abilities that you had as healers, both of the mind and of the body. And many of you used sound, many of you used light, many of you used colors, and many of you used what you now call "sacred geometry." And you are going to begin to open and reuse some of this information and remember how to use this information, as you begin to open more spiritually, and as you begin to understand your energies of today. So, it is not an unusual thing for you to start dreaming of some things that you do not quite understand right now. But it is of great importance that you remember these dreams. So write them down, and begin to interpret as much as you can at this time, because it will help you dismiss some of the confusion of thoughts that are going to come into your mind. Be open also to books and to people that are going to help you remember some of these abilities, because it is going to become more and more prevalent for you.

Q12: I have a remembrance of a life I would describe as Atlantean. In the vision, I was in a long hallway, with very tall tables made of stone or marble. People would lay on the surfaces while I and others would stand sizable crystals, that you could hardly wrap your hand all the way around, on each side of the person, and create sound, or send energy through those chrysalis, and actually turn them, to fine-tune the energy between them and within the person. Is this an example of the kinds of remembrances?

LBs: Yes. And with your interest in sacred geometry, did it not occur to you that those particular chrysalises were also shaped in the form of different geometrics so that, as you turned them, they could pull in certain energies? And you learned about this during that period and then brought it forward in this particular lifetime, and you opened the interest through sacred geometry. We have told you before, you are not through with that yet, but you are going to approach it in a different way. And it is very possible that you are going to become more intrigued with the idea of using both color and sound in conjunction with this chrysalis or with these shapes, and it will be coming from that remembrance, so it will become very easy for you to heal with those particular modalities.

It has been just touched on, this tying together the forms, the sound, the color and numbers. So it all will come together for you, and you will begin to see how it can be used in a healing modality that is a little bit different than anything you have read about or seen used. It will be your own development, and you may bring some others in who will work with you on that.

Q13: I'm not sure exactly where that's going to go, as far as combining the hands-on energy work with the shapes, except for maybe use of symbols as a way of focus.

LBs: It does not matter right now that you do not know where it's going to go, but as ideas come to you, keep yourself a notebook, because you are going to begin to get, again in the dream state, but also you have the ability to . . . and the word "trance" is not truly a good way to describe it, but you are somewhere else very easily, and when you do that, consciously come back with the information that you're getting while you're gone. And make sure that you have a notebook close by, again because it's much like the dream state, it's very easy to forget, and you'll think you'll remember but you won't. So keep a notebook close by--keep it in your pocket or whatever--and as you get symbols, colors, ideas, start jotting them down, and before long you are going to begin to see how to put a package together. But you're definitely beginning to open, and understand the potential and the power of combinations of these modalities.

[BREAK]

Light Beings: Welcome back.

[Silence]

LBs: We're very quiet tonight. We're still in a very laid back mood. Is there a reason for this, or are you feeling something that you are not quite understanding this evening?

Q14: I just feel beat up.

[Group laughter]

LBs: That may be the consensus of many here, because there is much going on energetically, vibrationally, as you know, right now, and you are clearing up many issues that have prevented you from being able to move forward. So, if you have committed to the path, then you are going to be able to experience things that are going to give you the opportunity to move forward, and that cannot happen until the obstacles that are psychologically, physically, mentally blocking you can be removed. So, yes, many of you probably do feel very "beat up," emotionally, psychologically. And it is not something that is easy for you to experience, but it is something that is going to help you as you move forward, and you will see the benefit of what you are dealing with when you can see the total picture a little clearer, so don't be discouraged. It is not over; we will not tell you it is going to be all downhill from here, but we are going to tell you that there will be some islands of serenity, islands of peacefulness, without so many issues. They may be fairly short periods, but it will give you some breathing time. Enjoy, and then be ready for the next wave.

Q15: You said something about being more sensitive to the energies, and I feel like I've gotten a more heightened sensitivity. I can usually get a feeling somewhere in my body that pretty much tells me how my day's going to go. Is that truly becoming more sensitive, or is that more just a projection? Is it more just what I'm thinking, and a sort of self-fulfilled prophesy, or am I getting a little bit more tuned in?

LBs: We're going to ask you to do an experiment; and it may be interesting for many of you to try this same experiment because what you are feeling is more sensitivity; you are correct in that, but what you are not recognizing is that you are feeling these certain energies in certain areas of your body. Certain parts of you are more open. Notice what energy center, what chakra, this relates to most, what part of your body you are feeling this energy in, and then watch that day, and see the issues that are coming up, either of a nature that you label positive or you label negative. As you know, we don't like to label, but entities do tend to label things as a positive experience or a negative. So look at those experiences that you have of that day, and see what you were learning about that particular center.

That is what is happening with many of you as you are beginning to open . . . And let us first explain to you that what happens when you make the commitment to walk the spiritual path of growth and expansion [is that] you then are opening your sixth and seventh chakras, and many of you then use those chakras much more than the other chakras, and eventually you become somewhat out of balance. You forget that you incarnated into a physical body for the experience of a dense planet, and so you begin to ignore the first, second and third chakras that are of the earth plane. And that is why many of you on the spiritual path begin to experience financial problems, begin to experience relationship problems, control issues, problems that have to do with the will, with esteem. You have ignored those three areas of energy, with the

idea that if you opened your heart, and learned to speak your peace, and you meditated, then you would be on the spiritual path and you could ignore these three chakras. And that does not work on the earth plane.

So, we wanted to help you understand. And that is why many of you of a spiritual nature do not feel that you belong here. You made the choice to incarnate, but then, when you started remembering your mission, you forgot that you incarnated for a reason. And if you can start working with those three chakras again, and allow them to become balanced with the others, then you are going to find that the earth is going to give you the pleasure that it should give you, because it is part of your mission to find joy in the earth and on the earth plane.

So, what we are saying to you, in using an experiment, is to be aware which chakra is being activated that day, and then see how that plays out in your day.

Q16: Will that usually be predominantly one chakra? This is the lesson for the day; you're going to learn about your power or whatever.

LBs: Not necessarily just one. What we're saying is that you are going to find more of a focus on a certain part of your body. Is that not true?

Q: True.

LBs: And when you find that focus, then recognize what chakra that may be triggering, and that's going to probably be the one that the focus is going to be on. But say, for instance, that it is focused on the second chakra. Then that may bleed into your esteem or your power, and it also may bleed into your insecurities of survival. Do you see? So it could bleed into the adjoining chakras, but the main focus may well be on your creativity, and whether you are shutting down that part of you or not, in that particular case.

Q17: It may be that certain issues relevant to certain chakras make me feel uncomfortable or if it feels good in that particular chakra, those kinds of issues are going to run smoothly. The lessons presented will be easily learned that particular day.

LBs: Correct. And it may be that it's just focusing on one of your energy centers, because that one needs a little boost or needs for you to become a little more aware of it, but there may not be a block. And then, when you have a block and it's focused on it, it may become a little more difficult to get through that issue, and that day may prove to be one that you'd prefer to forget. So, it's a matter of what your focus is for that day, and it would just be an interesting experiment for you to look at that and see if there is a correlation.

Q18: Is there anything I should hear tonight, any advice or anything?

LBs: We're not telling you anything new when we say to you that you also have gone through some hurdles these past few months, not just weeks, and you are working on your three lower chakras in a very definite way. We will not get into that tonight, because we understand that you would prefer a more private opening for some of the things that you have questions about, but we do say that you are not aware at a conscious level of how much you are absorbing of the information you are beginning to receive. You need to pay more attention, as we have mentioned before, in the dream state, and make a conscious effort before you go to sleep to ask a specific question. Keep a notebook very close by, because you have difficulty remembering dreams, and it will leave you very fleetingly if you don't have something to immediately make

notes to help you remember. But that is one way that your consciousness feels free to interpret and help you with some of your questions, even better than in your meditative states. One of the main questions that you have, and as we say, we will not get into that with you tonight, but be assured that your subconscious is working on that on a daily basis, and you are beginning to get little inklings of understanding that you have not had before. But keep working on it.

Q: Thank you very much.

Q19: I just met a new acquaintance, and when we first met, I felt like I had known him in a previous lifetime. It was as if we had picked up where we left off, with speaking about God, spirituality, nutrition. I know you've mentioned something about a lot of us coming from the priestess/Egyptian time. Is that where we perhaps met, as colleagues or scholars or . . . ?

LBs: Actually, the first time that you encountered each other was in the Mayan period, and you worked together, shoulder to shoulder, in some of the priest ceremonies at that time. And you also learned to use energy in ways that even we today are not aware of, but was used then almost as frequently and as easily as one would take an aspirin. It was energy work that was of a very powerful nature, and you received that energy direct from the sun. You learned to take that energy and transmute it into healing work. So, that was where you originally met each other. But you've passed in and out of each other's lives many times; so yes, you do know each other at a deep level. You've been friends and you've been intimate and you have, at one time or another, worked together on religious or spiritual paths.

Q: Thank you.

Q20: I do really believe that what I'm doing right now work wise, career wise, is exactly what I should be doing. It feels really right. However I've been bombarded with so many frustrations and disappointments within the job. I mean, if not daily, it's weekly; things just don't seem to work out.

LBs: We would like to say to you that you are in exactly the same place as everyone else that is sitting in this room. Everyone is asking the same question: "If I'm on the right path, then why are things not moving more smoothly? What is the problem here?" And there is no problem. It is that you are living in earth time and there are tremendous shifts taking place, and so there is a lot of confusion, both from within and from without, with each of you. And that confusion is what is keeping you from being able to fulfill yourselves in some of your things, such as jobs, relationships, financial situations, personal issues, because there is that energy fluctuation, that energy change, and it is creating confusion. And any time there is confusion you begin to doubt yourself. Are you making the right choices? Are you on the right path? What have you done wrong? And that is not what is to be asked right now. You are not doing anything wrong. You are simply in a transitional period, and sometimes that means you don't move forward until you can clear some of the issues that are stopping you.

And you are correct in that you are in a career that could be very beneficial to you. It is of your nature, and it is something that can bring you financial reward. But because you have issues in other areas of your life that you have not yet truly addressed, there is confusion, and that confusion bleeds into everything that you do. And when we say "you," we mean you, but it also applies to many in this room, because each of you is, at this time, beginning to question. And we say everyone in this room now is questioning; are they on the right path, are they in the right career, what should they be doing with their life? Are we correct? [Group affirmations] Is

there one of you who is completely confident at this time that they are in the right place, doing the right thing?

Q21: Yes, but I don't like it. [Group laughter]

LBs: Very good answer. Excellent answer! Because that is truly where many of you are: Yes, but you don't like it.

Q22: But I do like it, yet I'm bombarded with disappointment.

LBs: And if you will take each of those and look at the disappointments, you will begin to see what some of your issues are and you'll begin to see what the confusion that surrounds those issues is; and as you clear that, you will find that things will begin to move forward for you. That will not be an easy process. We do not want to even pretend for you that it will be. But it will be a process that will be of great benefit if you take it seriously and decide to examine it from that angle. And again, you might want to do what we have just talked about, but in a little bit different way. See with each of those frustrations and disappointments which chakras do they relate to? And that will also help you open and understand more why you need those particular disappointments.

You see, each of you has chosen different ways, different methods, different lessons for whatever your needs might be to help you get to the next step. So, even though they may be a different kind of frustration or disappointment, each of you is having your experiences with them, because they are the things that you need most to clear up in your life, for you to be able to move forward in a way that, in earth time, a few months from now you can say, "Yes! I understand now why I had to go through that. It's behind me now; no longer am I attached to it, and I can now do what I came here to do." Does that help at all? Or confuse you more? Sometimes we do that.

Q23: No. It hasn't really helped.

LBs: Yes. Sometimes we confuse you more. What we are saying, as far as making it very simple is, if you feel you are in the right place but things are not going right, it does not necessarily mean you made a bad choice. It means you have the opportunity to clear a lot of things that have stopped you in your past life in this incarnation, and it is being given to you as a gift, these disappointments. So look at each of them, and you will find there is a pattern, there is something . . . not necessarily . . . When we say "look at your disappointments," and this we say to everybody here, we are not saying look at your disappointments and see what you did wrong, what created the disappointment. We're saying look at that disappointment and see how that psychologically affected you, and what part of your energy system did it affect. That's what we're trying to say to you; because you have a block and you needed something to help you get that block diminished or opened, and the one way you get rid of blocks is through something that makes you stop and take inventory. And that, many times, means that you may, time and time again, not be able to get accomplished what you want to because there is a block.

Q24: That makes more sense, because all these disappointments are not really anything that I have done, they are things that have just happened.

LBs: And if you will, look at how it affects you, how you have taken that internally and what part of your energy system you have taken that into. Do you understand what we are saying?

Q: Yes.

LBs: And do some of the others here? Some of your disappointments, some of the frustrations you are having, do you understand what we are saying? [Group assent] More than anything else, we are trying to help you understand that you are your energy centers. And how you speak to the world is how you have managed these centers. And we want to help you with understanding each of these centers and how you can get rid of your blocks that are keeping them from functioning in the way you need for them to for you to be soul and ego unified. That is the ultimate joy, to be able to function in a physical body with the ego and the soul as partners, and the energy system, all seven, equally balanced. It is difficult, but very possible. And then you will know a joy that you have never known.

Q25: I'd like to know how to release my blocks and maintain peace as my experience, not just who I think I am, or who I know I've been.

LBs: Most of the time, who you think you are is the ego speaking, and the soul sort of steps back and says, "Hmm. Not really." So, first that has to be addressed, and you have to be very honest with yourself in who you think you are, and that is a very difficult thing within itself, because each entity has their own idea about what they should and should not be. What you are saying, as far as releasing that block, and being able to maintain that balance, you are correct: that is not always easy, because it is usually layered and takes earth time to work through those layers. But it does get easier and easier, and eventually, eventually, using that, as you say, being able to not be attached--and that in itself is very confusing for people because they are frightened of "if I'm not attached, it means I don't care, and if I don't care" It gets very confusing for people. So, first you have to understand what detachment truly means, and then, once you understand that, you can begin to detach from what others think, and that within itself is another real hurdle.

Q26: I have a fear of judgment of others, no matter what my previous lives, and it feels like I'm stretching scar tissue from wounds that in a sense healed, but aren't back to a full capacity to carry the energy of who I am.

LBs: Correct, because in your particular situation, your third chakra does, as you are aware, have some blocks. And it does come not only from this lifetime but from some previous lifetimes as well. And you're experiencing a need to clear that also. That particular chakra, if there are blocks, affects very greatly who you think you are, because that ego is almost saying to you, "How dare you! How dare you, soul, say who you really are," because this could get you in real big trouble.

Q27: It has killed me a few times.

LBs: So you are still experiencing that fear, and that is something that you can start working on through not only your meditative state, but through the people that you work with. You're going to find, just through interchange--as you mentioned, the "mirror"--through people you are going to be not only working with, but are intimate with, and through family, through friends, you are going to see mirrored to you some of these same fears, and it's going to be a little clearer, a little easier each time an issue comes up how to deal with that. So be very, very aware when something gets triggered within you by someone else and look at that mirror and become very analytical, if you possibly can, allowing the soul to help you understand what you are having mirrored to you. And each issue will then become a little bit easier to deal with, and as you can drop them off, the block will become less and less and less. So, spend some time

concentrating, meditating, and thinking about your third chakra. Work with that.

Q28: I am feeling very pushed and challenged to grow in many areas right now, and am feeling a little "beat up" as well, today particularly. I am wondering whether this is a good time for me to be starting to use these tapes I've begun to use that D__'s been using--whether that is going to push me too much at this time; and just generally what I need to hear.

LBs: As long as you are aware that these tapes will continue to bring up issues at a more rapid rate than normal and you are willing to ride that roller-coaster, then they will be okay for you. But when you begin to feel that it is more than you can handle, do not feel that you have failed by backing off--for a week, a few days, a month--because you can then pick up when things have settled a little bit for you. You are working at another level on many issues, and you have made tremendous leaps and bounds of growth in the past two to three years and you have worked through a lot of your blocks and a lot of your issues; but there is still very much left for you to bring forward and to look at and to work with. And if you bring it forward too rapidly, it could very well send you into a tailspin of despondency, which you do not want to happen, because then your ego will step in and try to protect. So, if you feel that happening, back off and do not feel that you have failed, because you do have a tendency to want to stick with something because you do not want to feel you have failed, and that is not, in this case--you are not being graded for how fast you move. So, that's all we would say is that, if you feel it is more than you can handle, step back.

Q29: And is there anything that you would suggest at this time that I should be doing to help get myself through this period?

LBs: You are aware of many of the issues. We would recommend that-- We tell many of you to keep notes, and you are probably very tired of hearing this, but we have a reason for that. Because of the way the physical body is built and the way the nervous system is connected to the brain, you actually remember things much better if you have written them. If you want to make an experiment, go to the grocery store with a list of ten things in your mind that you have never written down, and you will only come back with a few of them. Write that list down and then leave it at home and you will come back with almost every single item. So you can try that experiment and realize how powerful writing is. It helps connect to the brain in a way that just remembering does not do. And so, we would say to you, write down more of your insights, write down more of your dreams, write down more of your flashes of thoughts that you get, and it will be very helpful to you in the future.

Q30: Moderator: Thank you, Light Beings, is there anything you would like to say in closing?

LBs: We feel that the group is beginning to solidify in a way that we are very pleased about, because we feel that there is a deeper commitment to expansion of the soul, of your true essence, that is beginning to awaken in each of you. And we are very pleased with what we are finding happening to you energetically. But we will say to you that within the next four weeks, there are going to be times when you are going to have a sensation of great love and joy wash through you, but you will also have times when you feel like you may be in a washing machine, being shook to pieces and lots of emotional debris coming in. Just know that as you're experiencing this, that it will clear; and each time you will have gone through one of these cycles, then you will have raised your vibration just a bit, and the next time, the same issues will not be quite as difficult for you to understand, to deal with, and dismiss.

So try to keep that in mind when you are going through that, and try to remember those

times of great joy that you are going to feel and it may wash over you. It may be as simple as seeing an animal out in the woods, as tasting a wonderful bite of food, or as simple as a touch from a friend. But be aware of those times, because that energy that you receive from that joy can carry you through some of the more difficult times. And many times you are oblivious, and aren't open to those possibilities. So, in the next two weeks, look for as much as you can of the joys that come through your life, and see if that doesn't help you glide through some of the more difficult times. And with that we say good night.

[End of session]

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