

In this [www.askthelightbeings.com](http://www.askthelightbeings.com) free channeled Q & A: Spiritual change on earth, supplements, diets, media violence, personal energy fields and undesired attachments.

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Question #1: Hello Light Beings. I have been struggling with a friend of mine for a few years now. I made a family decision that her and her partner did not like and it hurt her and her partner deeply. She has been a good friend for over 20 years. Anyway, I am at a loss as to what to do and how to reconcile. I am depleted by trying. I could use some guidance-or maybe point me to a past reading that can help me.

Light Beings: Many times when one feels a break in relationship, it is more about one's own personal approach to, should we say, the energy around this situation, as opposed to being able to simply step outside of the emotions and allow the other person to be as they need to be. In the case of your friendship, you have many times had certain expectations, and your friend did not necessarily fulfill those expectations, and there have been times when you did not speak out, but this time without truly looking at both sides of the coin,, so to speak, you said things or did things that, perhaps, were of a hurtful nature, not intentionally, but because that followed your belief system and your idea about how one should be. So this gives you the greatest opportunity to take a time for yourself to really look at what the real issue is surrounding what made you cause the breach between you and your friend. It has much more to do with something you are, perhaps, denying within you, and something that creates a small fear because of the way this friend is living their life. So we would suggest that you, perhaps, write your true feelings about the situation and then try to – how can we put this? - See, many times what happens with one is [pause], you are reacting to some things that happened to you as a young child and that is triggering some fears around your belief systems and what you feel this person should...how this person should respond, how this person should be living their life.

So it is important for you to understand that it is truly not the situation so much as it is your reaction to that situation because of your [pause], the way you were treated as a child and your belief around that. So take a good look at it and then once you can see what the seed was that created the rift, you will be able to, perhaps, understand better your reaction and then be able to approach your friend in a way more of understanding than of reproach and of, perhaps, judging. Also one of the exercises that you might do that would be of help before you approach would be to simply picture both parties in pink light, and then perhaps picture them in gold light, giving an easier energy for acceptance of your approach to them.

If you proceed to truly look within yourself and get to the core of your reaction, and to the core of your judgment, then you will find that in the future it will be much easier to accept one regardless of lifestyle or, perhaps, of a personality that rubs one the wrong way.

Q#2 I wish to express my gratitude for the opportunity to ask a question of the Light Beings.

Over the past few years, I have been experiencing illnesses that at times confound my physicians. What sometimes initially appear as a "normal" or "average" ailments turns into something "out of the ordinary". Are doctors truly able to decipher my

ailments and should I be doing something spiritually to help myself? I once had a very spiritual woman tell me that I am here to give such doctors their training. Like I said, even many of my doctors have said to me, or written in my visit notes, such things as: "weird" pneumonia, "strange gizzard", and others just as strange. Well, is there something I can, or should do for myself?

Thank you so much should you find the time to address this.

LBs: There are many times a path one takes in the body that can create great frustration, pain and other issues, and you may not always know the reason until, perhaps, you have made a transition. However, there are always things one can do that can help one understand more of the reasons for the physical sufferings.

You may want to look at some of your thought processes as well as, perhaps, doing some deep work on how you feel about yourself. You may without realizing it, have the inclination to expect, or to put yourself in a position of stress, by not truly accepting and loving self. It would be perhaps of great benefit to you to spend some time looking at how you truly feel about not only yourself, but those that are closest to you. This may not be an easy process for you, but you may find that by doing some exercises- an examination of your attitude towards self and others- you will find that your heart chakra has been somewhat closed; not that you do not love, but that you do not allow love to come to you, and you expand from that receiving. So if you can get in touch with that aspect of yourself and open more to the universal love, you may find some relief in your situation. You are correct in recognizing that the drugs are not necessarily good for the body, but at this time you are not in a position to walk away from the medical help. It would probably be of great benefit to you to study something like Tai Chi, or walking meditation, to become more in tune with your body. There are several in your life that want to help you, but you have not recognized this because you have not allowed the heart to be in an expansive place. Begin to observe how you are when someone offers to be a friend, or to be in close or intimate circumstances, and many times it would be helpful to you to simply put your hands on your solar plexus, and think about those things that create expansion and then think of things that create contraction to learn the difference in your reactions so you are more in touch with your emotions.

You ask about the possibility of doing something spiritual. Perhaps you need to recognize that it is more important to BE than to do. Acceptance of self will be your greatest gift and connect you more to spirit than anything else you could do.

Q3: Is supplementation a key to good health or are we throwing our money away as some experts claim?

LBs: Yes, there is great controversy at this point in time in your various groups of people concerning vitamins and other supplements. For us to give you a very clear answer is not going to be easy because of the many complexities involved in supplements. For instance if you take supplements from many companies, you're going to find that they are not of pure quality, have many things that you call fillers in them, that are really more detrimental than they are good for you, and so in that particular situation you would be better not to take the supplement, than to take things that are not

of a pure quality. However there are times when one does need additional vitamins or supplements because of your diet, because of stress levels, because of your environmental toxins, because many times you are exposed to so much that is not of a natural state for your body, that you begin to have difficulty ridding yourself of these toxins, because you are not perhaps getting enough of the proper nutrients for the body. It is very difficult to find good food when you eat in restaurants, or if you cook for long periods, or if you eat your food from your cans because of preservatives, and therefore unless you make a concentrated effort to eat more live, fresh food, or food that is of an organic nature and is cooked relatively soon after purchase you may find yourself lacking in some of the more important supplements. But, again, this is for the individual to decide through looking at lifestyle and what is consumed, and it would require considerable research for you to get the proper combinations, or perhaps even help from someone who is more of a natural inclination and has studied many of the various products in your marketplace.

Q4: A reader says he is taking a wide range of vitamin supplements and is concerned he may not need to take them all. Can you advise him if he no longer needs to take some?

LBs: Your body is perhaps not being able to absorb much of what you are taking. We would recommend that you decrease or not take it all, most of what you are taking at the present time, until you can do a little more research, get a little more information on what are the best products to take, and that will require a lot of your own investigation because there is much in the market that would not be good for the body. However your basic Omegas, Omega-3, some of your oils that your body needs, you can get in many different ways and perhaps not even need a supplement if you eat the right combinations of foods. You need to perhaps look at your level of B vitamins at this time because of your inability to deal with stress...that is because of a lack of some of the B vitamins. So you may want to look at that. A really good whole food complex might be of a good benefit to you. It is usually not necessary to take many of the other supplements that you might think you need at this time, however.

Q5: Would some of the vitamins I take, Daily Advantage, be of benefit to him?  
[Editors note: the best supplement I have found for myself is called The Feast from URI International on the web]

LBs: Something of that nature would, perhaps, be of more benefit because they are of a higher quality and the combination is, perhaps, a better combination than he would find on his own. However, of you may find that you would do better at, perhaps, taking them for a period of time and then, perhaps, allowing a period of time when you would not take them so you are not overloading your system with unneeded supplements.

Q6: Like two weeks on and two weeks of, something like that?

LBs: Or a week on, a week off, yes, or every other day, that kind of spacing would be better for you.

Q7: In other words they are a strong, concentrated supplement and they don't necessarily have to be taken as often as they suggest?

LBs: Correct.

Q8: This website talks about 'doing your colors' with colored cloths. [See FAQ on home page] Would this be beneficial for our reader at time?

LBs: Absolutely. It would be of benefit to anyone that has difficulty with relaxing, dealing with stress, because it does help with the vibrational system. So, yes, it would be of benefit.

Q9: Why are people in this country so afraid? I have read that the more TV someone watches, the more susceptible to fear they are. Is this true?

LBs: That is absolutely true because you are picking up the vibration of not only what you are seeing, but the intent behind it. And so, much of the violence you are observing or listening to comes, or is written by, or presented, to stimulate at a very deep level, because more and more people are becoming numbed out, so to speak, and the media recognizes that it requires more and more, and deeper and deeper disturbing thoughts and actions in the movies, and the different scenarios in TV. The same is true of the newspaper media. Many of the journalists write to startle, to get your attention. So the intent is more to grab you than it is to present just news.

Q10: Sort of like, "shock and awe"?

LBs: That is correct. Because readership or the ability to get your attention on a TV program is of the utmost importance to an advertiser, and so the numbers are used to decide what is needed. And in your country [the USA] it has become more of the norm than the exception to have extreme violence, or a very dark nature, as opposed to something that could be uplifting to the spirit. And so, yes, many live in fear.

But there is another reason why many Americans are in fear. They have created such a life for themselves that they are now tied to jobs they dislike, to a lifestyle that is in constant flux and constant stress, and there is not time for self, for family, for the basic soul benefit of spiritual concerns or simply just being. And the physical body is reacting to this constant "doing" that the Americans are addicted to.

Q11: I am reading about the PH of the body and building a water alkalizer for myself. Is this a matter that needs our attention, or do our bodies regulate our PH without needed assistance?

LBs: Again, due to most people's lifestyle and what they consume, the PH factor is very often out of balance and that is one of the reasons that cancer is now rampant. So it is of utmost importance to try to maintain your PH balance and you may, again, need to educate yourself about the things that you are presently consuming that do create a more of an imbalance for you in the PH factor.

Q12: You told me once, many years ago when I had a problem with skin cancer, to drink lots of water every day with lots of fresh, squeezed lemon juice in it. Was that to help rebalance my PH?

LBs: Yes, for two reasons. That hydrates you, which is one of greatest out of balance things in the American body at this time, dehydration, and also, it does alkalize the system. So it is of benefit in both ways.

Q13: Yes, I know that, strange as it seems, lemon, a very acidic fruit in its own right, that once it is digested and up taken through the intestine, it reacts chemically with the body to produce a more alkaline outcome.

LBs: That is correct.

Q14: What is your opinion that a high carbohydrate, high sugar diet is responsible for our weight and health problems?

LBs: The general American diet is the reason for the extreme weight gain of most people. The American people eat far more than is necessary for their body. And if they look at what they consume, many times it is of the high sugar, high carbohydrate nature. And yes, that will definitely create weight issues. However many weight issues are more from a psychological base and from toxicity in the body than from actually the foods that are consumed, unless, of course, one is consuming high fat content, especially those fats that are not good for the body, and that within itself is going to add weight regardless of what the rest of the food consumption is.

Q15: It is said that high protein, high fat diets are bad on the kidneys, but you lose weight. Is this true?

LBs: You may possibly lose weight for a period of time, but it is very hard on not just the kidneys, but the liver. The liver is not.....the human being is not capable of breaking down high amounts of protein. The average person eats far more protein than the body actually needs and the liver has difficulty if it has more protein and the diet is not balanced. So yes, it is not a good long term situation to remain on that kind of diet. Short term it may start the process of losing, but if one is not careful when you go back to a normal diet, you simply will put it back on.

The only way that people can truly lose weight is through looking at their lifestyle, relieving stress and recognizing when they have had enough food for maintaining their body, and not eating more than is necessary.

One of the main reasons, again, Americans are overweight is lack of exercise. Your lifestyle, your way of living, has created a very sedentary population.

Q16: Why do most flues or other sicknesses occur most often during the winter?

LBs: If you will note, it is not just during the winter, but usually when there are major temperature changes, or seasonal changes, because the body has an adjustment to make to those changes and the immune system tends to not be at its peak during these times; and so, one is more susceptible to receiving a virus. Also, in the winter months one is not exposed to fresh air. They live in a situation where the air in their homes and businesses is recirculated, and therefore if there are viruses or bacteria in the environment, the body continues to be exposed much more than during the months when one is out or there is not the requirement for your recirculated heat. So that is another reason for the immune system not being able to throw off such viruses. They are exposed more than they are during other months of the year.

Q17: Is the human body field kinetic, or potential or both, in terms of energy?

LBs: The human body field is constantly dynamic. There is no solidity as one looks at the field. There is constant interaction and much as you say, kinetic movement. This gets into something that is not looked at in the scientific field, but we will discuss superficially because it is far too great a conversation to have at this time, but you might want to explore at a later date; more about it, the living system. It has not yet been understood by the scientist of your planet what Spirit is. It is the light at the photon level, at what you would call the quantum level that is life. And it is in constant motion.

Q18: Life is motion, so is energy?

LBs: Yes. And that is what is connected to the Oneness. And it is impossible for one at your level of evolution or consciousness to be able to quite understand that there is no separation of Spirit from the All. And that it is always in constant motion. Does that help answer the question?

Q19: You are saying that the source of the human body field is the photon light source itself, which is spirit?

LBs: That is correct. The easiest way for you to, perhaps, look at it, would be to try to separate every drop of water from a river.

Q: You can't.

LBs: Correct. And that is what has not yet been recognized.

Q20: But we are all drops of water that see ourselves as separate from the river anyway?

LBs: That is correct. You as humans see yourself as separate. The river does not see itself as separate. The river sees itself as a whole; the human being sees itself as separate. And it has not yet been recognized that the spirit of an individual is only one drop of a river and it is not separate.

Q21: I think synchronicity would help bring that to light.

LBs: You're going to find more and more discoveries of what energy is about, and it would help to begin to at least get a very small idea of what the human Spirit is, and how it is connected to energy.

Q22: I don't know any further specific questions to ask at this time in regard to the human Spirit and how it is connected to energies in a technical sense. Can you give us any other information that would stir our imaginations in this area?

LBs: There is not at this present time a very clear picture of what the Spirit actually consists of. You have many ideas that are out in the present arena and there are many things that are said about Spirit, but in reality there is not a true recognition that there is no separateness of Spirit and the Oneness. And it is what you know term as empty space, is – how can we explain, this is very difficult to put into words because you do not have the present technological knowledge, or the measuring systems to be able to truly see what are speaking of in any form. There is no way for you to measure Spirit, just as you cannot measure a sun-ray that is penetrating your physical body without certain tools. Do you see?

Q23: In 3-D, with the senses, obviously we cannot discern what you call the Spirit. But for clarification, can the idea of spirit and consciousness (like Universal consciousness) be used interchangeably? Or is Spirit something created by consciousness?

LBs: What you term as Spirit is the Essence that enters an individual's dense body, but it is part of the complete Oneness. And so, as we used the analogy before of the river, it is one drop of the entire river. Do you see? So you are one drop of the river, and your mother is one drop of the river, and your President is one drop of the river as is the most, what you consider, evil person on the planet one drop of the river. Do you see?

So there is this Oneness that exists, but there is an individuality to each Essence in that it exists in the clothing of brown hair and blue eyes, and six foot four, or five foot two, or...Do you see? It's the clothing that the Essence exists in, that they then become so much a part of, they forget that it is just clothing.

Q24: Consciousness is not created from the bottom up? It's everywhere and created from the top down?

LBs: There is no top, bottom, sideways. It is the ALL. And that is almost impossible for an Essence that has entered a dense body to comprehend because you, by the very fact you are enclosed in denseness and in the three dimensional world, you have become more or less separate from that Oneness in your consciousness. Do you understand?

Now, at one level you know you are never separate. And there are some on the planet that exist in that Oneness at all times. And there are many more that are recognizing now that Oneness and becoming more and more conscious, and therefore are creating what you might recognize as light patches or light centers, areas where there is a different feeling, a vibration of lightness. Some of you would call it energy centers or

vortexes, or special places. Those have become less dense on the earth plane due to certain energies that have been released there of those beings that recognize the Oneness.

Q25: When you say recognize it, is that an intellectual thing, or somehow an 'Ah-hah'?"

LBs: It is a Knowing, a knowing. It is nothing to do with the thought processes that go through the brain, nothing to do with what you would consider intellect.

Q26: How many people who recognize the Oneness need to be present in an area (let's say an area with 100,000 people) to raise the vibration there?

LBs: If there were 10 people that could truly connect with the Oneness in all of its completeness, then that could raise the vibrational level to the extent that very easily there could be a shift.

Q27: Would that require that they be active and interact with the population around them, or be more passive and just "sit at the top of a mountain" and meditate? Is the effect the same?

LBs: That is a more difficult question to explain, because it is more of a "Being". If one sat on a mountain top and did not engage in communicating with others, through just their Being, it would not be as easy to make the *energetic connection* needed, to raise the vibration and to make the shift. So the idea of sitting up on a mountain top and becoming godly is really very, what we would term, misconstrued.

Q28: So Enlightened Beings have to interact and be active to the extent that they bring about radical changes to a majority of the people in order to make changes on the planet? Or don't they?

LBs: They would be doing it without making a conscious effort. In other words, when you come in contact with one of those beings that has reached that point of total Oneness, you may not recognize what you have come in contact with, but you will begin to change. Without knowing why you are changing, your thought processes will become less dense; your reactions to things will be different than in the past, you will begin to think about things in a different way. And you may never know where that information came from or why you made the transition; but it was just with being with that Light.

Q29: Sort of like Mother Meera affects people that approach her?

LBs: Yes, to a degree, yes. But it can be someone that is simply living their day to day life, but in a way that you do not recognize; they are totally connected.

Q30: I think I know what you are saying....some people are so at peace and in love with who they are and what they are doing, without making a great big splash, there is so much peace and love and joy in their heart, that it spreads everywhere.



LBs: Yes, that is definitely part of it, yes.

Q31: So if people as individuals find their joy and access it, they are doing a great deal to help the planet and not just themselves, but energetically?

LBs: That is correct. If anyone gets on a path of joy they can affect many, many people without really doing anything specifically.

Q32: They don't have to be in the public eye, in a celebrity sense, they don't have to be in a wide arena of recognition? They just have to be in human contact?

LBs: That is correct.

Q33: Is my family being prayed [sic? Possibly means preyed] upon, including myself, by something in our home that is zapping our energy?

LBs: First let us explain to you that your energy cannot be set upon, zapped, or taken in any way unless you create the kind of field that will allow it. And that field is one that is of discontent, or conflict. And so, if your family experiences an energy drain or something that you feel is interfering with your energy level, then you need to look at how you may be presenting, not only within yourselves, but how you interacting with each other, and what kind of energy you are setting up. Because the only way you can be affected by outside energies is allowing your own energy to basically be of a dissonance, or of not in harmony.

So what we would recommend that you and your family do is look at your own thought processes, your own energy levels and see how you are projecting, how you are mirroring for each other and for those that you come in contact with, and see if you may, perhaps, be setting up a field that would be open to energies outside of yourselves that may not be of your best interests. So what we basically are saying to you is it very possible you may be, without being conscious of it, bringing in an energy that may not be to your benefit because of what you and others within your family unit are experiencing in emotions and in the way that your thought processes are being manifested.

If you want to correct what you feel may be outside interference, it is very simple. You simply create a harmony within yourself. You may want to speak to your family about doing the same, and then picture your entire family unit being in a Pink bubble, and then outside of that Pink bubble, picture more of a lavender kind of energy that will completely surround your home. And that will bring in a different kind of energy for you, one that is much more of the love nature, than of the fear nature.

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