

**Question #1: I want to know how to open myself up more and express myself more clearly in helping this human race, which we know is in a spiral form of disaster; in looking to a way that you and I, at a higher space, can help recycle the energies into a more pleasant way of living on this earth, and shifting as we go into a more productive and loving atmosphere than we are living in now.**

LBs: First let us say that our purpose has been from the first time the connection was made to help with the social order. And that is what you are asking in a very around about way.

Your planet has many difficulties at this time, and most of those difficulties have come about because of the lack of connection with the Oneness. The idea of separation always creates disastrous results because an entity believes that they are the only one in that gets the – how can we explain?

When an entity is birthed, many times the forgetting of who they are happens fairly rapidly because of the environment they have chosen. When one is incarnated into a family structure, where the ego is the ruler of the entity, it is very difficult for that young being to maintain that connection with the Oneness because the ego structure of the parents, those that surround the person, the entity, many times suppresses everything that will help that entity remember that connection, because it, the repression, comes from fear, lack of control. And so that is why your nation, your global population is spiraling, because of that lack of connection.

So you ask what you can do. The greatest job on your planet is for each entity to live in joy. And you have learned in many lifetimes how to be joyous. That is something that you enjoy sharing with others. It is a gift that you have. However what you need to recognize is that joy many times creates fear in those who do not understand the connection. Do you understand?

So, when you begin to feel that resistance, those that do not immediately open to your natural ability to express joy, the natural ability to express acceptance, when you sense that closing, all you need to do is simply back away from the energy for that moment in time, regroup yourself, so to speak, and simply, shall we say, tone down your exuberance until that entity can recognize that it is coming from a place of love and Oneness. And that will happen, but it may take some earth time for that entity to recognize because fear is keeping that entity from opening and enjoying what you are wanting to give. So if you can recognize that, because there will be many in your encounters that will pull back somewhat, because you are mirroring for them what is natural in every child that is forgotten.

So do not allow this encounter you might have with others that do not immediately accept to discourage you or to make you feel that you are doing something wrong. All you need to do is recognize that they are not yet ready to open and be comfortable with who you present to them because they will need to also be joyous, perhaps not in the same way, but to be comfortable in the joy. Because all each entity's purpose is on the planet is to be full of joy. Do you understand that? (Yes)

So with that said, you have been brought into this group that you are presently working because each of the entities that are involved have made a contract at some time, in some lifetime, to come together in this particular very crucial time for the planet, to step forward in a way that can mirror for others, show to others a different way of being, a different way of doing business, a different way of relating to each other, and a different way of relating to self. It is a great time of learning for the many on the planet, and there is great hope in the other dimensions that there are enough of you now opening to Oneness, opening to the understanding that there is no separation, that the quantum is a reality, much more than

what one sees with the visual, that everyone is connected on a grid much larger than the actual planet, and that every breath and every thought ripples throughout the grid, and affects the many.

And so once that principle can be recognized by each of you, and you live that principle as much as you can in a human body, with a human brain and a human mind, within a human environment, then you are going to change many things on this planet, many times not even recognizing what you're doing, by just being.

So you do not need specifics at this time, although we encourage you to use our guidance when necessary, when you're wondering what the next step may be, or how one can open in a greater way. But you are going to make the greatest impact just by being who you are, and recognizing that every thought that everyone in your group has plays a great part in building the whole, in creating a very solid foundation upon which you can build something then that can reverberate throughout the planet, and can be duplicated in many areas so that there are points of light, as you have heard before in previous political environments, but they were not understanding at all what they were really saying; but if you can help develop these points of light it solidifies much of what can happen on the grid, because those points ripple out in many directions, in many ways, in many levels, so that those that come in contact with that rippling effect then begin to open in a different way also.

So it is no longer necessary to question what your purpose is, and many of you have questioned that for decades because you knew at some soul level that there was a greater purpose than your day-to-day, that there was something you needed to be doing, and now you are doing it. Each of you in your own way are expanding or touching many others, and are sending the message out across the grid.

You're going to find things moving at a much faster rate than ever before. There have been many, many frequency shifts in the past few years. Since 1989 there are hundreds and hundreds that are opening to information, and there will be a time when all of you will be able to tap in at will and be able to share that information with others. But for now the main goal for you and for others is to search within your own heart and in your own soul and make sure that your ego and soul are shaking hands with each other.

The ego is a very necessary part of the entity on the earth plane. It keeps one safe. It is only when it becomes a super or an expanded ego and the soul gets left out in the decision making that it becomes detrimental. So it will be necessary for all of you to learn that balance of soul and ego, and in so doing you're going to find yourselves becoming extremely unified with any entity that has learned that balance across the globe because you are not going to be limited to just your environment in this particular earth area, but you are going to bring others in from all over your entire planet, both physically and through the mental transference that happens so easily now. So there will be many barriers broken down; languages, culture, all sorts of prejudices that presently exist will begin to crumble under your influences, under this group that will be coming together. The group will become very large and will have the ability to open the hearts and the souls of many that have felt the seperativeness since they incarnated. And once they can feel the Oneness again, make that connection with the All, then they will be able to share the information with those that you may not have contact with, and it becomes, again, that ripple effect.

So you're in a very exciting time to have incarnated, and a time when you're going to be able to combine that world that you lived in before you came into an earth body and the beautiful parts of the earth. And

there are many. You will be able to truly share with others in a way that has not happened before because the sharing will not necessarily be physical, but will be of a soul speaking to souls.

So we hope that we have helped with that question you had. There are no specifics at this time. But you are definitely opening in the right direction. And it's a matter of simply taking one step at a time until the foundation is completed. And once you have a very solid foundation it will grow very quickly.

**Q2: You made the statement to me that there would be some uncomfortable times coming. Can you elaborate on this a little more?**

LBs: Because this is a time of great shifting, there will be a lot of energies that are wrestling with fear. And in that fear there will be confrontation. There will be questioning. There will be closing down. And this is not for you or for anyone else to fix. It is a process of stripping away what is keeping that particular entity from opening. And first, many times, there is great, should we say, backing away or confronting. There is many times an almost warrior like nature that comes out of the fear that one is experiencing, because that is a protection mechanism. And we do not necessarily mean in your group, but there are going to be at times confrontations from without, and sometimes even from within the group of people that you will be working with or exposed to.

And so all we were saying was understand and simply allow for the process to take place because it is neither good nor bad, it is a part of the polarity of your planet, and it is something that is required before one can truly begin to affect balance of ego and soul. One must address the fears. And many times those fears make other people uncomfortable. And so all we were saying in that respect is do not get such an idea that everything is going to be perfect and beautiful now that you have joined a group of like souls, because even though you may be in a group of like souls there are still egos and there are still fears that need to be addressed. And you have created in this particular situation – when we say you, we're not meaning you specifically – but the group has created this situation where there is safety in expressing those fears. There is not the holding back that you might normally see in an environment because the fear is that there will not be the acceptance.

So all we are saying is recognize that sometimes when things are not comfortable, it's a matter of "holding the space" for one entity or many, to be able to express their fears in whatever manner they normally might express fear, whether its confrontation, whether its backing away, whether its shutting down and ignoring; there are many different ways that people deal with fear. And it is very necessary that this group holds a space for any of you that have fears come up because you are developing something that is going to require the stripping away of any fear residue in each of you. And all of you have some, because that is part of living on the earth plane. You develop a fear because of experience. And sometimes the experience starts very early, and sometimes the fear develops due to things that happen at a later time in one's evolution. But each of you have your own fears that you are working with. And all we are saying is sometimes that can be uncomfortable for you or for any entity, to have to deal not only with your own fears, but watching others deal with theirs. And the ego can sometimes step in saying, "I am being confronted", or "I am being attacked and I need to protect".

So all we're saying is recognize when you begin to feel uncomfortable, or others do, just hold a space for who is creating that uncomfortable feeling, and as we say, it may not necessarily be someone within your group, but someone you encounter or comes into the group, or someone that for some reason finds your group threatening, and there can be some uncomfortable encountering. That's all we're saying, it does not have to be something seriously wrong. It does not have to be something very, very

difficult to come through. But many times what happens with people that are trying to become, as you say, "enlightened", whatever you really mean by that because that has become such a buzz word in your particular evolutionary period.....that many times you expect things to always be smooth and easy. If one is "enlightened", one shouldn't get sick, if one is enlightened, one shouldn't get angry, if one is enlightened one should never have a negative thought. So what you're doing is judging when someone steps outside of their supposedly enlightenment and becomes human. Do you see what we're saying? [Most definitely I understand this]

Yes, and so that is going to be one of the greatest challenges at this particular time of each person's growth. And we're not talking about just your immediate group. We're talking about this large swell of people who are reaching for the Oneness, reaching for that that will give the peace and joy they are looking for. But as you have heard in your news recently, there is much judging about why Haiti even had to happen; why there had to be so much suffering, who did what wrong. And you're even hearing that belief systems create this situation. But what one does not want to accept is the total responsibility of every entity on the planet that created this upheaval in that particular area of the earth. It was not one entity or ten entities or a million entities; every entity on the planet that had negative energy, energy that was not of the light, helped create this catastrophe. Every entity must take responsibility, and not judge. And that's what we're really saying when we say, when you're uncomfortable, or when you begin to doubt why something is happening, try to just create the space for it to play out, because you chose a planet of duality, a planet of polarity, and there will always be that of the dark, because you have light. And it simply creates a playground for one to grow in. And it is many times difficult to understand in a microcosm, but if you look at a macrocosm of the planet and the universe, every second there is something that appears to be of a dark nature. But if you could see the whole you would see how it can also be of the light.

**Q3: As humans we have always been taught that we live in shades of grey. As you speak of the dark and of the light, the unbalance that I am feeling within my heart is that the dark has taken over most of the light, the shift which occurs all the time, every day which we're looking for a date or time to say that this is what will happen. I need to ask, is it possible that the Light Beings can start to shift the grey area into a more light area, so the dark will eventually fade away? Or will this never happen on this earth plane due to the fact of the duality and the ego?**

LBs: The ego is what labels black and white, dark and light, good and bad, negative and positive. And that is part of the polarity. And this is a planet of polarity. You say you see the darkness may be overcoming the light, or it is more dark; and in that respect you are correct that it is more dark because of the contrast of the light that is developing. Do you see? So when you saw lots of shades of grey, there were many entities that fell within that grey area, but what you're seeing now is the choices that have to be made. It is a time of integrity, and so you're going to see those playing out much clearer, either dark or light. Choices have to be made. There cannot be the grey life any longer. One needs to make some choices about how one decides to live their life. And it either has to be with a balance between ego and soul, or if the soul takes over, then one is not still living in the light, necessarily, because one has forgotten a balance, and forgotten what they chose to do when they came onto the planet. So to say you're so spiritual and not accept your ego is not much different than saying you do not accept your soul, because *it came as a package* when you incarnated, soul and ego. And the only time it gets out of balance is when one rules the other and does not recognize the equality. Many times your ego has gotten a very bad rap due to many things in the past 100 years. But the ego is not what is bad, what creates the difficulty in one's life is the imbalance of the soul and ego. And so that is why we see so

many people who claim to be enlightened, and yet their lives do not necessarily move along very smoothly or seem very joyous, because they have denied within them a part of the human element.

So this is a time to bring things into balance. It is time for those of you that are walking in the light to recognize that to speak now of spirituality and not live it in every step you take is not going to create the joy and peace that you're looking for. The joy and peace are going to come from *being*, not talking about it. The joy and peace are going to come from simply "to be", and without judgment, and with balance of the ego and soul. And you will be able to see this more and more in those you work with, in those that come into your field, because that is now what's happening.

And yes, you're going to see a much greater division between the dark and light. But what you're also going to see is the dark will play in their arena and the light will play in their arena. And the twain do not necessarily have to meet. It will almost be as if there are two worlds because the polarity was created for experience. And if you take a part of the playground away that you call dark, there are many that will never be able to experience what is needed for the soul to learn. Haiti was such a gift in many ways because there have been people that never really gave serious thought to anything outside of their small world that are relooking, rethinking their existence, opening their hearts, giving, recognizing people's suffering, and wanting to do something. Haiti had been in trouble for many years and no one was listening. The world is listening now. And there have been so many that have opened their hearts in a way they would have never ever done without this experience. And so, yes, there were many that had the contract to suffer and to leave. And that was a difficult, difficult decision, but it is going to move this planet into a different direction in many, many ways. Into a direction of more caring, of more understanding that all are affected by the One, and One is affected by the all.

And so, yes, anytime your heart closes to human suffering you are missing a great portion of what being on the earth plane is about. And if you ever simply believe it's that person's karma, you shouldn't be doing anything; again, you've closed the heart. But what these experiences give you, and again we are saying "you" in the greater sense, is the opportunity for each entity that knows of this horrendous experience, to open their heart, their mind, their soul in a way that they have not before. It can be an enormous learning for the planet. And every person that opens their heart in the smallest way allows that love to ripple out to the entire planet, just as every time someone does something that is painful for another, the impact also ripples out. And eventually there is a reckoning in the form of either earth physicality or individual physicality.

Do you have any other questions?

Reply: Not at this time. Once again, thank you for the honor for letting me in your energy and for experiencing this wonderful, wonderful message you have given us.

© 2010 Joyce B. Cary. All rights reserved, except this format of the Light Beings' reading 1-21-2010 may be reprinted from <http://www.askthelightsbeings.com> for personal use or sharing so long as this notice is attached. Permission is needed for any other reproduction.