

[Light Beings channeled information: vibrational shift, earth changes, pure intent, sleep deprivation, and balance.]

This month's Group Channel was missed due to a heavy work schedule, although a private channel offered some information to share:

Question #1: Is there anything of importance at this time that Joyce needs to be made aware of in any respect, be it her physical body or anything else in her life?

Light Beings: She has been aware now for several weeks that she was pushing the envelope far too much for the body, and so the body is now responding to that. She is finding out that she cannot any longer ignore the body, that it is going to tell her in no uncertain terms when she has gotten too tired, or she has pushed too hard. And so the result of what happened today with her physical being is simply a result of long days of tension and not enough rest, not enough, we would like to say, joy and play. And so, until she learns that balance, she is going to continue getting the message loud and clear. And she understands that, at least on a level she has never understood before. So there is not a lot we can already tell her. She already knows.

Q2: We missed the last Group Channel, is there any one particular thing that we can pass on to them; that we should know at this time?

LBs: There's nothing in particular that needs to come forward. There are many now that are giving the information concerning earth changes and the vibrational shifts, and of course this month has been, as was last month, an exceptionally difficult month for many because the shift has increased, the vibration has increased. And the shift has, you might say in your earth terms, speeded up. And so, it has created imbalances wherever one has the tendency to be unbalanced. It is going to magnify that. And so, if one is more imbalanced in their body, then illnesses may come to the surface. If one is more unbalanced in their way of thinking, then negative thoughts, or thoughts that are not to their benefit may come to the surface and seem to almost control them, so you will see in many cases more mental illness in that respect. Anywhere one is unbalanced, be it spiritual, mental or physical, the imbalance will become much, much more apparent.

And it is now at a time when one is going to be, should we say, tested in their belief systems in whether they are going to truly be what they purport to believe. That is going to be of extreme importance at this time. One that says that they believe in one particular way, or one method of living, and then are not true to that belief system are going to find themselves in great conflict within themselves, as well as conflict with the world. And that has nothing to do with whether the belief system is one that is of benefit, or one that perhaps may not be so much of benefit to mankind. *It has to do with honesty within one's self.* It is going to be extraordinarily important at this time for everyone to become honest within one's self, to act with pure intent, and to understand the need to always think through before speaking or acting on anything that is of importance, and do so understanding what the intent is.

So that's all we would have to say at this time, is as the consciousness is raised, as the vibration shifts, it is going to be much more important for one to become aware of one's own energy.

Q3: We're still having trouble sleeping at night. I believe part of the reason for that could always be my own conflicts, but is there also an issue with the placement of the house on the land here? 'Cause maybe there's something in the land that makes it a little difficult with the energy for us to sleep where we are? Or is that not an issue?

LBs: There is an energy distraction, maybe the best way to put it, in your living environment. And it did help with the change of your color [We repainted the bedroom to a very, very light blue]. That was a definite help. But more than anything, what is really bothering you-and if you notice there are times that you sleep very well. What is bothering you more than the actual energy of the placement of your bed is the fact that you are not preparing yourself in a way that is conducive to your not only winding down, as you put it, but of accepting and allowing both your body and your spirit to relax enough to rejuvenate. And that is what sleep is for, is rejuvenation.

And so, what many times happens is, your body goes to sleep, but you don't prepare the spirit to release. And so, there is not what you would call a conflict, but there is a lack of cohesion between the body, mind and spirit so that there is not this ability to allow the body to remain asleep. The spirit is... How can we explain this? It's very difficult, because you are so much a "one unit" in some ways, and in the way you think many times, you think of yourself as three parts. And yet if one of those parts gets unbalanced, then the other two parts are not able to release and relax and be in balance. Do you understand? Are we being clear at all?

Q: It takes three to tango.

LBs: Yes, and so when you, for instance, push your body right up until time for your retirement, and your mind especially, push the mind right up to retirement, in such a way that you've not allowed the spirit any time, then the balance is not there. Do you see?

Q Yes. I feel many times when I go to sleep that I'm missing something. So I need to stay up to accomplish it. And it may be that maybe the spirit hasn't been nourished? And I need some fun for the spirit, achieve something for the spirit.

LBs: Correct. That is absolutely correct. And if you get in better balance, you're going to find the sleep will improve tremendously.

Q: So maybe play the piano, or read something I like to read, or learn something I feel is nourishing me in that area?

LBs: Yes, something that would *lift the spirit*. Be sure that it is something that lifts the spirit. So, when you do it, make sure, number one, your intent is pure, that you're not doing it for some egotistical reason where your ego is attached. Do you understand? For instance, many times someone will decide, "Well, I want to be an artist," and there's an ego attached to that, so they're not actually painting to flow with what is coming from them, but they are busy trying to create what someone would like. Do you see the difference? [Yes] So, that is very important, that what you choose is of pure intent to truly feed the soul, that it does not have an ego attachment to it. That is very important.

And the other thing is that you recognize that you do not do something that is going to stimulate you in such a way that you will not want to stop. [Yes, I can understand that.]

Yes, and so, those are the two things that you need to take into consideration when you make your choices for the time before you retire.

Q: So I won't write any economic theories before I go to bed. I'd be up all night.

LBs: Correct. Just do things that will truly connect you to the Source, and then you will find that you will be much better balanced. Does that help?

Q: It does. I'm not always in touch with what my Source wants, but I understand what you're saying, and I'll share this with others. I'm sure they'll be grateful.

LBs: You're always more than welcome, of course.

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