

Question #1: My mind is constantly bombarded with so called thoughts from angels/light beings/spirits/myself. I am not sure from whom. It's been 13 months since the start of my so called "awakening" but it's not smooth sailing; it's really confusing. The Light Beings do write through me, they always express their love, but helpful information is not forthcoming. I guess my question is what is happening to me?

LBs: We would like to say in the beginning that you are trying too hard to receive information, that what you really need to concentrate on now is stilling the mind, stilling it so that you can hear. You see, what is happening is you are questioning every time a thought comes through. Where is it coming from, what does it mean, how important is this, am I really listening or hearing, or is it just my own thoughts? You are constantly analyzing and you have a great desire to receive information. But you have not learned how to 'step aside' and allow the information to flow in.

So we would recommend at this time that you either learn to meditate, or in some manner, still your mind so that you can actually step aside and allow the information to flow without your analyzation, without your *thought comments*, and you will begin then to get a much clearer picture of information that will be helpful to you.

It will not be smooth in the beginning because it takes time to learn the method of receiving clearly and it is even more difficult when you are *wanting* to receive, and are struggling in the process. Do not be in a hurry. Learn to be quiet within, and when the time is right for you to receive, it will happen effortlessly. Go about your life, do not focus or concentrate on trying to receive information, but engage yourself in things that bring you pleasure and satisfaction and fulfillment no matter how mundane and you will begin to see that there is no separation between being and hearing. But there is great separation between struggling to be or hear, and actually receiving. It must be without effort for it to be of much benefit.

Q2: I have been channeling for close to 20 years. I have received channeling from light beings since Spring/Summer of 2006. My life has been changing very fast at this point and I have found myself deeper and deeper in connection with guidance. I have asked for support in understanding what is happening with my ability to read energy as I have become extremely sensitive to people, what I hear, see and feel, and I often feel very ill if I have been out in public and unaware of what is around me. I am doing my best to learn and be open to what guidance I receive and still have to be out in the world making a living so I can keep a roof over my head and food on my table. Can you direct me in how I can speak to others who are growing into their roles as healers on this earth?

LBs: First you must learn to speak to yourself and allow yourself the permission to actually protect yourself when you are out in the world, as you say. Many times those who have direct connection and receive information become very vulnerable because they have not learned how to disconnect sufficiently and ground themselves sufficiently when they are going about their everyday life. And that is partially what has happened when you feel ill after being out within a group of people, because you are picking up on the many energies that are present and have not learned yet how to separate from those energies.

We recommend you try a couple of techniques before you go out into a group. And one of them is simply to ground yourself by seeing yourself sending light both down into the earth and up into the spheres so that you are connected completely. And the other is to simply separate your ability to tune in, so-to-speak, to other energies consciously, by almost like closing a door; simply by saying before you go into a crowd, "I am present",... and *be present*. Do not allow yourself to step aside as you do when you receive information. That is of great importance, because the more you begin to receive the information, the deeper you will be able

to experience other dimensions. But it is not to your benefit when you're out with a group of people to be in that particular mode, when you're interacting with their energies.

So it is going to be necessary for you to learn how to consciously be aware of the times when you begin to disassociate, so-to-speak, or to move into that realm of receiving, and *consciously* stop that kind of interchange when you are needing to be present in the real world. It is a matter of learning, and it will be of great benefit for you to learn that fairly quickly, and then you will be able to come and go at your leisure without it being detrimental to your health.

Q3...What I am I doing that I need to change to move on and fulfill my heart's desire?

LBs: First, let us say you are experiencing a lot of the, as you described it, spiraling down, because of a real need to break away from some of the thought processes that you have experienced for quite some time. It is not always easy to step outside of oneself when you are in the midst of a lot of chaos and a lot of confusion. But it is necessary for you to reexamine exactly what it is that is important to you. Many times in your life your choices have been made not for your soul, but because you thought it would be best through your intellect. Your intellect has done a lot of choice making, so-to-speak, not consulting what both your heart and your soul both needed for growth. And so, you finally have reached a point where your soul is demanding attention and that is part of the reason for the chaos. Because if it gets difficult enough you will be forced to stop and take a survey of where you are now and what is the very most important thing in your life. And you may make some very different choices once you explore from that viewpoint instead of intellectually making decisions, always, without considering what would truly give you joy.

Q4: Is there anything you want to say to anyone in general?

LBs: It is a time of many, many choices now coming to fruition on your planet, and many of those choices are creating tremendous chaos, but if one could step aside or be above the entire picture, one would see that it is also a time of cleansing, a time to clear away the debris of greed, and the debris of dishonesty, the debris of the need for power, and the debris of prejudices, and we are not speaking of, necessarily, race prejudice, but all prejudices that have created conflict.

And so, the chaos that is now prevalent throughout the entire globe is causing many, many people to take a better look at their life on a day-to-day basis, and how they can make changes that gives them more foundational security. And in so doing, there will be many that will dispense with a lot of the unnecessary consumption, unnecessary spending of energy, unnecessary...it is difficult to explain...but there will be a peeling away of artificiality. And many times when this is done there will be a more solid foundation, a more solid basis for forming relationships, for forming business, for forming government, and *in a few years when history begins to be written this will be a time just before what will be termed a period of enlightenment*. But the clearing of all the debris is first necessary, and that will be painful for many; it will be frightening for many, and it will be devastating for many because the entire planet has been caught up in disillusioned realities, they're caught up in something that was not necessarily beneficial. And so, there must be a cleansing or clearing. It is something that those that have peeled away a lot of their false beliefs and their structure of sand, should we say, are finding that there is no reason to fear because they recognize that what is being taken away is not necessarily a part of what is real and true to them, and they're adjusting to a different kind of reality, one that will ultimately give them much more satisfaction and much more joy.

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