

2-20-10 [During a conversation on ego-soul balance, Joyce had a sudden knowing she needed to put down in words as best she could, so she channeled this onto the typewriter.]

“Changing thought patterns is just that-changing a pattern. It is not changing at the soul level, but it can lead you to a different way of experiencing life, and in that respect it can be of a very positive nature. It can aid you in seeing a much broader picture of opportunities for change. However, the idea of thoughts making permanent changes or being able to manifest is not quite accurate. Until there is a *knowing* of the possibility, no amount of affirmations or thinking a different thought will bring about the results desired. The *knowing* comes from a deeper level, that of the soul unifying with the Oneness and reaching in to all that knows. There are absolutely no limitations except what thought processes have developed in boundaries. All prejudices, cultures, religious alliances, political affiliations, nationalistic movements, and even Rights movements are birthed from thoughts. The Rights movements are the least attached to thoughts, but even those are based in the thought processes more than the knowing. The knowing was the simple seed that broke through the initial prejudice toward a particular way of thinking, but then thoughts took over and emotion leads the movement. That is why it is very difficult for one who has reached the point of knowing to want to get involved in any movement, because they can see the thought processes tainting the original concepts of knowing.

Knowing cannot ever be put into words. As soon as one begins the process of explaining what one knows it requires one to drop into the thinking mode and in so doing must speak from the environment and background one has come from. Therefore, it is impossible to truly express any knowing. It becomes even tedious to explain one's reason for being. When we have said before one is to live in joy and just “be” that is living in the knowing. There is no real step 1, 2, 3 to getting there. It is a trust in one's own ability to reach deep within and tap into the Source of being, the All-ness, and the One-ness. In that instant one is not thinking at all, but just in a “being” mode. In that moment even time does not exist. That is what is meant by living in the NOW. Many have interpreted this as not looking back at the past remembering or looking into the future planning, but that is not exactly what living in the NOW means. It simply means living in the knowing and that is a process that requires a balance between the ego which is continually thinking, and the soul that is always touching the knowing. One can know what direction one's life needs to move in, but then one must step back into the thinking to determine what vehicle is going to carry them in the right direction.

Manifesting is not about thinking your way into a preferred life, but allowing the knowing to direct you and help you choose the best method to achieve the desired life. That is the piece that has not been clearly described in many of the affirmation/manifesting lectures, books and courses. One must first get in touch with the part of them that is connected to the Oneness, so that the knowing is possible, and then the rest will rapidly fall in place. TRUST is the big factor missing in most people that are not able to manifest the kind of life they think they want. They think about what they want and then they think about ways to achieve it, and even after they have been exposed to many ideas about manifesting and trying the affirmations, they still are not successful because they have not gotten in touch with the part of them that *knows* what is best on their path in this incarnation for the most growth. Yes, the affirmations can help one develop a more positive attitude and may actually help one open to possibility, but one has to gain the trust that one has the ability to make right choices and allow the knowing to direct before the manifestation can happen.”

5-15-10 Question: I feel like you may have something to say, because I can't sleep and have nothing special on my mind. I know I am very tired and should be able to sleep but for the last 3 night it has been restless and I find myself waking many times. Is it another shift or is it my own personal issues, and if so, what?

You are correct in understanding at a deeper level that there is some shifting taking place on the planet. If you notice everyone seems to be on a high speed mission, and yet nothing has really changed in their life, except they can't seem to get everything done and even when they do get a moment something will transpire to take that time that could have been used for themselves. Your country is headed for some very rude awakenings as are other countries that have allowed materialism to usurp all the values that were at one time important such as friendships, families, and time for contemplation. Much is lost when there is such a speeding up of lives, but in the present moment of evolution on your planet it has more to do with the actual physical makeup of the human body and the changes in the brain patterns than the actual shift of the planet itself. The shift of the planet has an effect more on the weather patterns that are changing, and there will many more isolated storm pockets, more upheavals in the earth itself in the form of earthquakes, hurricanes, volcanic eruptions, and general earth movement. It is very important that the human entity find ways to have alone time, quiet time for contemplation and regrouping, and if that doesn't happen the nervous system gets so stressed that it interrupts the sleep patterns and the digestive activities of the body. If it continues for long periods of time without the natural break the body needs, then disease will set in. One of the reasons NES and other energetic medicines that are being developed work so well is it balances the fields before the manifestation into the physical can take place, avoiding the continuous patterns that can create disease.

8-12-10 Question: I awoke at 2:40 with my heart beating rapidly and could not go back to sleep. I don't remember my dreams, but feel a sense of dread and anxiousness. What is that about?

Light Beings: Discipline is going to be of utmost importance to each entity on the planet now. *We don't just mean discipline as in avoiding or doing something from habit, but discipline of thought word, and deed.* That is a large order for a species that has allowed themselves to be directed by emotion for the entire time they have populated the planet. It is now time to move from allowing emotion and ego to make decisions into allowing feeling and soul to be the master or at least have equal rights in decision making. To be able to do that each entity is going to need to work toward understanding the difference between individualistic and narcissistic. In other words, what we are trying to relay is each entity needs to understand that to present in a unique fashion is part of being human but to act in a fashion that does not benefit the whole is not what is acceptable at this stage of your evolution. That is a sometimes a difficult path to walk, because when one wants to express oneself in an individualized way, one does not always see how to do that and not exclude others. When making any decision, it is very important for you to take the time to examine your motives and see if it is something that will in any way be detrimental to others. If not, then to express in a unique manner is a way of expansion of the soul, but if one makes a decision based on ego needs or does not consider the effects on others, then the outcome will not be to the benefit of the individual any more than it will be to others.

No longer will the "I" be allowed to be the only consideration. This is not the way most entities have lived their lives until now. So there will need to be huge shifts in consciousness before the new method of being can actually manifest. It will not become an overnight process, but as more and more of you decide the light is a much easier path, even though there is much mind discipline on that path, there will be soon a quantum leap and many will find it much easier to make that choice due to the very difficult work of those that pioneered, so to speak.

You have all known about meditation and contemplation for many, many centuries, and now you are going to find it is imperative that you spend at least a few minutes each day allowing the mind to center and to just be quiet long enough to hear what your next steps needs to be for the day. It does not need to be more than five or ten minutes at a time, but *it is necessary to make a conscious choice to be still for those few moments*. That is not the same as those of you that tend to wander off in your mind and daydream. *It is also of utmost importance that one discipline one's mind to be in the present at all times*. That means when engaged with another entity to be in the now and truly be in their presence. It is better to remain alone if you cannot truly allow yourself to engage fully in the energy of another when encountered. Not only do they feel the isolation when you are detached or not fully engaged, but you are also missing the possibility of experiencing the energy they are able to share with you. It is almost like having a battery charged when one fully engages with another. That is why the idea of being in love is so popular at this time in your history. When one is in love, one fully engages with the mate of choice and there is a large exchange of energy. *What happens as the two are together for some time is a dissipating of being fully engaged, and one thinks they are falling out of love, whereas in reality it simply the choice that each has made to put their energies and thoughts in a different direction*. It is very important when connecting with another in any situation to fully be present and you if you manage to do that you will be surprised how much easier your relationships can be and how very much you will be able to experience in the form of communication. Communication is rarely fully exchanged due to the lack of being fully present. That is why so many times one picks up on the body language, sometimes without even realizing it, instead of what is being said. Rarely does one fully experience another. If you look at all those you associate with you will see quickly that those that give you the most energy and that you enjoy being in the company of are those that are considered "good listener" What that really is telling you is they are more engaged in your exchange than others may be. The next time you make an exchange with someone, make every effort to be as engaged as possible, not allowing your thoughts to wander in any direction other than listening and responding to what the person is saying. You may be surprised at how difficult that may be for you because it is of habit that many times, especially in the more common or intimate relationships, one barely hears what the other is saying because thoughts are selfishly wandering into other directions.

Learning to really hear is an art that sorely needs to be developed and there is much more that can be said about that need. *If the planet is going to survive, not only does one need to listen to themselves, and other entities, but to the planet*. It speaks loudly in so many ways, and to listen, means again, to do nothing that would be detrimental to the planet that sustains you.

8-17-10 Question: I am having trouble sleeping again. I cannot seem to stop my mind. Do you have something to say tonight?

Light Beings: Transition is the word for the day. There are many ways of transitioning, and you are seeing at present on the planet those that cannot deal with the chaos both externally and internally and have made the choice to leave the physical body. That is of no consequence ultimately, but it only means the next time they decide to incarnate the life lessons will be no easier and there will be no less chaos. It is your present time on the planet that gives one the most opportunity for growth and expansion as one faces the changes that are transpiring. We have been saying for several months now that it is critical for each entity to find the time to center each day, and that is why you are having difficulty sleeping tonight. You did not allow that time in the past twenty four hour period. What happens is an acceleration of the nervous system and then when it is time for the body to go into the rest mode it is too exhausted to be able to relax properly. So, you fall asleep instantly and in a few hours the body has relaxed enough to begin to function normally, but because you have been in such a heavy stupor you awaken and feel as though you cannot go back to sleep again because of the mind still not being able to relax. It is very important that you allow time each evening before retiring to clear the mind and not be in such an exhausted state if you want to be able to have a good uninterrupted night of sleep. It is not the same consequence when you physically exert yourself and fall into bed exhausted. Your mind is not in such a state of busy processing, and you can allow it to relax as your body regenerates. It is not the body as many think that creates the issues with sleep. It is ultimately the thought processes that have occupied you during the day and there has been no time for centering and making the connection with the Oneness. As long as your lifestyle demands such activity of the mind you will continue to have issues with sleep. It is such that many go for days without the needed time for becoming one with all that is and truly allowing the body and mind to meld so that there is not conflict. When the mind is never resting or relaxing in such a way as to just "Be" then the nervous system responds by revving up the physical body's flight or fight mechanism. The adrenals become active and the entire system becomes alert and ready for action. If the mind continues to be occupied with the many thoughts that are engaging it, then the body remains in the flight or fight state and soon exhaustion that cannot be remedied by sleep sets in. The only way to avoid this kind problem is to find the time each day to remove oneself from the chaos surrounding one and be still. *Awareness is the first step of the process of changing behavior.* Once your awareness of how your mind is jumping from one project, one thought to another and your body is tensing from the activity you will be able to change the direction and stop some of the incessant chattering. But it will take patience, practice and the willingness to change the way you live your life. It is not something that will just happen. *It is of utmost importance that one learns how to do this kind of centering or as the planet's vibration increases it will become harder and harder to keep the physical and mental body healthy.*

Because of the new abilities to access information one must be much more discerning about what one allows to enter the minds' domain. There are multiple choices on a moment to moment basis, and if one does not monitor the thought processes one may get caught up in the dark instead of the light. It is quite easy for an entity to have every desire to be of light and move in the direction that light takes one but if one does not have the discipline of thought then the path will be rocky and difficult. It will require constant monitoring of what the thought process is and what is allowed to wander through the mind. There is much to be learned about what actually

happens when a thought is of detriment to the entity that is thinking it or what happens when a thought is of a nature that will benefit the entity. The chain of reactions that happen within the body would astound you. There are multiple chemical and hormonal cascades and a system of communication that has barely been touched in research yet. Much is being discovered on a daily basis, but it will be decades before it is totally understood, how the mind and thoughts really affect one's health both mentally and physically and how it relates to energy that then affects the planet.

Each entity is a cell in the living universe and has a specific job to do to maintain equilibrium on the planet and beyond. Because the soul has incarnated into a physicality that allows for free will and choices there can be much confusion about what the actual job is. A cell in the physical body does not doubt its position or job. A liver cell does not desire to be a heart cell and a lung cell is perfectly content with its lot in the scheme of things, but the human entity is not content most of the time in just being what it incarnated to become, and spends most of its existence either in conflict with the soul and ego or simply giving in to the environmental, familial and social influence and makes no effort to become the full completeness it could be. That is why you see so many entities in distress either of mind or body. There is no balance or understanding that there is a very clear map of direction one brings into the incarnation, but one must be willing to listen to the information and that is why being still and hearing what the soul has to say is of such importance. In decades past on your planet many would make the choice to become of a religious order and spend many hours a day in contemplation and being with the Oneness and at that time of your evolution that was a practice that was beneficial. In your present time span it is of much more importance to learn to be "of the world" and yet maintain a connection with the Oneness amidst the chaos and constant bus-i-ness. That is not such an easy task, but certainly possible if one wants to live in peace and contentment. It simply means finding ways to find that mountain or cave in your own environment and on a daily basis. Because of the shift in time on the planet it does not require lifetimes, months or even hours to reach that point of stillness. Even five minute several times a day will recharge the battery and help one maintain that connection.

9-02-10 No question: Joyce just woke up and this started coming out.....

Light Beings: Change is the one thing that is inevitable on your planet. And it is the one thing that most entities are resistant to. The very cells in your body go through a constant change or healing or disease would not be possible. You have the change in seasons, growth and death in every aspect of your universe and yet each of you resists in so many ways those changes. The cycles that the planets bring to you through their different energies take you through many cycles in a lifetime, and yet these cycles tend to be ignored by the general population on your planet. As one begins to atrophy or as you call it age, change becomes even more difficult and if you notice those beings that are not afraid of change tend to find purpose and energy well into their late earth years, but those that resist change find themselves in an existence that is no longer holding any pleasure or joy.

The ability to flow with the change that is in each existence, especially in this particular time of the evolution of both the entities that live on the planet and the planet itself, is very necessary if one is to avoid chaos and great disturbances in one's life. Those changes will encompass an entirely different way of living ultimately. No longer can the old cultural rules work because the

global economy and the ability to communicate instantly with anyone anywhere on your planet changes many of the ways one could stay isolated and live within very narrow boundaries. No longer can one part of the world ignore the plight or the good fortunes of another part of the planet. It will become more and more necessary for each country to recognize it cannot remain an entity that ignores the needs and the desires of others. *For the population of the planet to survive both communication and cooperation are going to become more and more important.* The Oneness and the connection will be of greater importance for each entity than ever before.

Every time a thought that is detrimental either to the entity that is thinking the thought or if the thought is not of an energy that is beneficial to another, there will be a change that will not be of a nature that will create but will destroy. Life on your planet is always one of expansion or contraction, and never is there stagnation, even though many times it may seem so. Stagnation is really just a contraction that does not appear to be changing, but that is not the case.

It is going to be more important than ever in the history of your planet for individuals to recognize the great power each have and to recognize that to flow with change also means to be conscious of the choices made in that flowing. To become as a leaf floating downstream does not give the entity either a sense of power or allow a direction of growth. One may accidentally stumble onto a path that leads one to greater heights, but just as easily one could end up in the gutter or stuck behind a rock and never know the bliss of joy though making a choice that leads one to greater expansion. The very definition of your aging on the planet is no longer making choices but allowing life just to happen in whatever way provides the least amount of change. This is especially true as one ages and allows others to become caretakers before it is necessary. No matter how small, if the choice is to remain both active in whatever way possible and even more importantly to remain purposeful, one will prolong productive years far more than diet, exercise or any of the other hundreds of proponents of anti-aging that so many are following to avoid the inevitable, that of changing.

Instead of looking at the changes that take place in the physical body as one adds years to the life as proof of growth and change it is thought to be unattractive and not something anyone want to admit to. As one adds the lines on one's face one is also adding many lines of wisdom and the ability to understand more and more of life's many puzzles and is developing the ability to truly enjoy what the planet can offer without the ever present search that exist in the younger entities on the planet. It is important to recognize that these changes that transpire are not of a negative nature but are just a by product of the way the planet has morphed over the many millions of years of its existence and a life is much as any other life form on the planet, with its cycles and seasons.

Not hundreds, but thousands of choices are made in each entity's life daily, and each of those choices has a consequence in the way that life is lived, and the way that life affects the lives of others. If one concentrates only on their own existence without taking into consideration the effect they have with their choices on not just other entities, but on the planet itself, then ultimately one contracts and the aging process accelerates. Those that are able to understand the interconnectiveness of the universe, not just the planet, and can also understand that every entity has a definite purpose of expanding in whatever way the present lifetime may lead them, and makes the daily choices that is both congruent with the personality and soul will find a great joy in the very existence in this incarnation, regardless of the chaos or events that seem of a nature

that is not pleasant or easy to understand they find themselves in. Even in those events they will find meaning and expansion, that of growing in both wisdom and compassion.

Because time is accelerating and consequences of choices are being experienced much faster than ever before it is much more necessary for an entity to find a few moments several times in a day to check in with one's inner wisdom and the ultimate connection with the Oneness and see if the choices that are being made are choices that lead to expansion and not contraction in one's life. Every incongruity and inconsistency with one's purpose in this particular lifetime will create chaos and lack of inner peace. If you are experiencing anything but serenity and peace you can be assured that your choices are not of a conscious nature but you are making them due to beliefs you have developed without any thought as to their validity. They have come from early environment, previous lifetimes, cultural exposure or the lack of awareness due to fear of change and the need to stay cocooned in your belief structure without questioning how many of your thoughts and actions are based on ideas that are not to your benefit nor do they hold any real truths.

It would be an excellent exercise for you to examine your process of making choices and be willing to spend the time needed to dissect those choices that do not feel expansive when you allow them to be looked at. With the awareness of which thoughts are taking you down a path that is leading you away from expansion and change and into that narrow world of fear and stagnation, you will be able to change the course of your life to experience the joy and pleasure you were meant to find while living on the planet. *And the chaos of change that the entire planet will be experiencing in the next decade or so will become simply the fodder for you to experience more growth and joy. Instead of feeling you have no power to make changes and be safe. Safe is strictly an inner stability due to being authentic in your choices.*

9-08-10 Question; Again I cannot sleep and feel you may have a message. I awoke hearing the word intimacy and felt there was something you needed to say about that.

Light Beings: Intimacy is a word that is used freely in your psychological world and in the world of romance and sex therapies, but it is not understood in the meaning that would benefit an individual. Intimacy is something that is totally lacking in your society of the day. Not only are most entities independent of one another, but also do not really relate to their own being. There is no longer periods of quiet and times when there is nothing to do but contemplate and go within. Before the use of electricity most worked very hard physically and by the end of the day looked forward to a meal, and then the gathering together of families, neighbors, and both old and young to share in the days' experiences and to create a world that was safe and close by actually sharing in a way that did not always need words. There was the knowing that if a neighbor was in need others would rally and that need would be filled. If one had a mishap there was a quick gathering of resources and soon the entity would find itself wrapped in a cocoon of caring and concern. That is no longer the situation in most of your communities of this present time. Not only do you not know who your neighbors are but are looked at with suspicion if you try to invade their world. Children no longer have extended families, and rarely have even the core family to rely on, to be mentored to, to feel that safety of parental love from both parents, grandparents, aunts, uncles, siblings, and neighbors. Children are now warned at an early age, "Do not talk to strangers" and rarely do children engage at a deep level with each other. There is little time to create, to play without the aid of your electronic games or guns, or

many expensive toys that really add very little to the child's learning of what they themselves are about. Children are programmed early that school and advancement in sports are more important than having time to just be, to explore in nature, to learn about things through experience rather than a textbook, or even more distant in actual sensory experience, instead of learning through your electronics, TV, movies and videos. Families no longer eat together most meals, and there is little interaction between mates. Both have their own worlds they live in and there is rare true exchange. Even when the marriages were arranged there was more of an intimate relationship as the years progressed than in your present day relationships. By the time the two or three year of infatuation due to the hormones excreted pass most find themselves falling into a routine that rarely involves deep discussion, sharing of feelings, or even just honest conversation. Most exchanges between the pair are of little consequence, and soon there is nothing that binds them and they begin to look outside both the relationship and themselves for the excitement they once found in each other. Due to the change in roles, women no longer are needed to perform the home duties, and men are no longer expected to be the sole provider, so roles are confused, and eventually the relationship sinks into the mire of boredom and erodes into only a legal binding and there is not real satisfaction in the remaining together. There is little actual touching and being in near proximity due to the larger abodes, larger beds, and the diversions of your electronic gadgets that while away the many hours but give nothing of substance in return. Many keep a large number of acquaintances at hand, interacting on their face books and twitter, but few really interact with another soul at the level that is fulfilling and satisfying. Most retire to their beds in the evening feeling empty from a life that has accomplished little during the waking hours that truly feed the soul.

Many are searching and some become followers of one guru or another or spend their hours meditating and searching for a spiritual connection, but that is also not the answer to the void they are trying to fill. The human is still very much a pack animal and still needs the intimate connection of both body and soul to feel one is really living and is experiencing life in depth. There needs to be the opening of the heart and the sharing of both feelings and thoughts with both the one that one chooses for a deeper relationship such as marriage or friendship, but also that same opening needs to be available for the child one brings into their life, whether it be of the birthing or just being in the field of the child.

In searching for answers to the increase of crime, and the constant war in many places on the planet, many times the simple idea of going back to a more simplistic existence where each entity is connected at some level with others is ignored. The many that want to do good, are trying on a more global level instead of forming small communities, and bringing together those in that community, helping them to learn what was natural many earth years ago, that of cooperation and sharing within a narrow parameter. Resources shared can be of much greater value than resources used only in a solo manner, and that includes the resources of teaching, and helping each other to communicate.

Part of the reason the planet is in such a state of chaos is the vast numbers of entities that have incarnated at this time to experience the new way of being, but for there to be a movement forward, an evolution of the present physical and mental bodies of the entities, there must be an awareness of a great need for change on many levels, and the greatest change needs to be in the way each entity is relating to both the environment and each other. The concept of grounding that is racing through your many that are more aware of energy is simply taking one back to what was a

natural occurrence every day less than a hundred earth years ago. It is an important remembrance and it is just as important to also learn how to open to other entities and form bonds that have meaning, not just a bond for the satisfaction of sex, to fulfill a job for the exchange of money, or to accumulate the acquaintance of the many and really know none.

As a good exercise, take at least fifteen minutes of your day and make the effort to be aware and very conscious of your interaction you may be having with another. It could be as small as your interaction with the grocery clerk or as big as the interaction you are having with one of your children or with a coworker or even a mate, but truly submerge yourself in the field of the other, and be fully present. Experience the feeling you may be having, the emotion that rides with the exchange of words, and most of all, be aware if your heart is open and your solar plexus is responding through expansion or contraction. During that brief time make a conscious effort to be aware of the words you are speaking, and the reaction of the other entity both verbally and non-verbally. Be conscious of the responses and how they are received by you. You may be very surprised how difficult this task is for you because you so rarely give anything your full attention and especially another being in your field. Most are living in such an unconscious state that they rarely think about what they are feeling, and never concern themselves with what another might be experiencing. If one wants to be fully alive and experience the joy that can be experienced on the planet the first step is to learn to be fully present each moment and when engaging with another giving them the full attention needed for a true connection.

This will mean a full disclosure to oneself of one's prejudices, one's inability to focus, and one's discipline to create a different way of being. If enough in a group could accomplish this way of being, there would be a huge shift in both the consciousness of the entire group and any that were exposed even in a minimal way. Opening to another entity does not mean that you do not see the flaws in both yourself and in the other but it means that the heart is open and the flaws are as accepted as are the parts of the personality that are appealing and easy to love. When this kind of opening of the heart is accomplished there is a joy that one can experience that is uncomprehending to those that are still in the mire of your present day way of existence.

9-29-10 Question: Is there anything you would like to tell the world at-large today?

Light Beings: There are two choices to remain incarnated on the planet. One can make the choice of taking total responsibility for one's life and one's choices, and if one has the ability to do that, because of the vibrational shifts, one can change their life within moments, almost, and certainly can move in a direction that is positive and can give them joy. But the important circumstance of any entity is that of taking responsibility. One cannot any longer look to any other individual, to any other outside influence, the choice is always within. And one must step outside one's belief system at this time and decide what truly is truth rather than looking at life in a way they have for many incarnations.

It was necessary in the past history of your planet for entities to behave in a cultural environment where one lived in certain rules and regulations of a particular belief system. That is no longer necessary. With the ability to travel globally and interact globally, the borders of belief systems are rapidly diminishing. Even the religious cultures are deteriorating in a rapid manner. And so now it is individual responsibility for one to recognize that the choices they make on a moment to moment basis, or the thoughts they allow in their mind are the determining factors of

the direction they will take in their life. And if they want to continue living in the mire of drama, unhappiness, depression, bad health, situations of financial stress, that is their choice and that is the drama they want to swim in. But if they want to make a change in their life, then there is a certain discipline of thought, a certain choice of every moment of every day. One can no longer float aimlessly as if in a river and allow the cultural circumstances to control where they go in life.

In decades past one was born into a family, and that family dictated the rest of that person's path. That also is no longer true. One can make a choice regardless of what family circumstances they find themselves in. But is their responsibility to make the choice, and they can also make the choice to remain in those cultural belief systems, and if they find unhappiness in that, then that is their reward.

So it is now time for every entity born to reach an understanding that there is complete interconnectiveness of every living thing on your planet. And one can pull great strength from that connectiveness as long as the determination is made to live within their own spirit with pure intent, and the decision to live in joy.

Each cell in the body of an entity has its own purpose whether it be that cell in the liver that helps get rid of toxicity, or a cell in the brain that can help transfer a thought; but there is a purpose. That is true of every entity in the body of the planet. So it is necessary for one, first, to understand that there is a purpose in one's life, and it does not have to be grandiose, and it does not have to have grand titles, all that is really necessary is for one to find peace within the soul and to do what gives one pleasure and joy on a daily basis. And if one can obtain that, there will be continued expansion and a continued growth, and one will build a field around themselves that will bring in continuous synchronicities, continuous opportunities, and continuous growth. But if one contracts within one's self, ignoring the interconnectiveness of the planet, and ignoring the fact that there is responsibility in being that individual entity, then one will find themselves caught up in one drama after another and feel totally out of control in their life.

So it is a time for much decision making on the planet. And there will be opportunity in every entity's life to choose either path at any time. So if one has made a decision up until now to take the path of least resistance, without responsibility, there is absolutely nothing to stop them from making the decision to take a different path, regardless of age, health, financial situation or any other circumstance. It is entirely up to their decision making, their choice. There is no one on the planet that cannot find purpose. And there is no one on the planet that cannot find peace. But it does require responsibility.

11-02-10 Question: I am hearing that there was a huge energy influx onto the planet yesterday, and am wondering if that has anything to do with my body being so uncomfortable and stiff, and if it is part of why I couldn't sleep. I have been sleeping much better and had hoped this waking up at 2:30 was over. I also have developed a stomach ache that I attributed to some bad Chinese food yesterday, but am not beginning to wonder if it is also tied to this change that is happening. Can you give us some guidance and insight into what might be happening at this time in our evolution?

Light Beings: Nothing can ever be quite the same as you once knew it on your planet due to the major shift in consciousness that has taken place in the last 24 hours. You are going to find that time is collapsing at an even faster rate than ever before, and no longer is there going to be a choice in simplifying your lives. There is going to be such an influx of information coming now on energy and the way it is affecting those entities on your planet that you will find yourself becoming overwhelmed if you are not aware that being discerning of what information you incorporate into your daily lives and what you allow to become a part of your present belief system will determine the way your future plays out. It is very important that you only follow those things that resonate to your inner most being and that you design your lives to fill your soul's needs as well as your physical needs on a daily basis. No longer will you need to wrestle with what is true and not true. It will become an easy task to check in with your higher consciousness at any given time and recognize quickly what is the best choice for you at that moment. No longer will it be necessary for you to go into the unconscious mode and be directed by your cultural, ancestral and parental beliefs and commands, but you will be able to break free of all such demands upon you.

It is a time when many are going to find themselves floundering in a sea of confusion and chaos because they are refusing to recognize that life has made a huge right turn into a different way of existing, and they are trying to hold on to a past that no longer exists. Your government is in major chaos because of this shift and the fact that those that have been involved in making your laws and upholding them are no longer certain of any of the issues at hand and do not understand how any of the current dilemmas can be corrected in either the economic or the health and educational systems .

There will much frustration at the higher levels of government because there are many that recognize that nothing can be accomplished in the way it has been dealt with in the past, but they are also recognizing the fear in those that are still holding on to the illusion of power and greed that has driven them for the past several centuries. There will be several years of such chaos until the general mass of the public recognizes what needs to be accomplished, and also begin to recognize those that are able to make the changes, and support them in getting into the positions that they can accomplish what needs to happen to create a new way of managing and directing.

It is important that you recognize within yourself that the time element is changing as well as the way things will need to be addressed and allow your physical body to make the adjustments. That means really being conscious of the tightening of muscles, of the stomach, of any negative or dark thoughts coming into your mind, of being aware of the entities you are surrounded by and recognize they are going through the same shifts and for some it much more difficult because they do not yet have the tools to deal with the changes. *We have been talking to you for many years about the effects of sound and color, and the need for times when you allow your body to truly relax into those things that bring you joy.* Now it is more important than ever that you use these tools and recognize when you need to pull back from chaos and regroup within your family units, and within each of your own beings. Even if it is only a few moments of each day, take the time to center and to be quiet and listen to what is being said to you from within. Each of you have guides in other dimensions as well as your own connection with the total matrix or grid as you might call it, and each of you now have the ability to use the information coming from those sources to help your though this tumultuous time of change. It is also important that you recognize that all entities have not yet reached the level of

understanding that will even allow contemplation of such things, and they need your compassion and understanding, but they do not need your proselytize or forcing them to make the changes as you see the need. That will only cause more chaos both within them and in your relationships, so spend your energy on focusing on your own areas that need adjustment, and do not concern yourself with those that do not ask directly for your help or for information. The time will come when you will be able to see that there are many, many paths to the level of consciousness possible, and no one way is better than another. The farmer in the field that has learned to connect directly with the earth and with his plants and animals can reach that level as easily as the mechanic that finds great pleasure in working with the hard metal of the planet and correcting, and building with the satisfaction of knowing he is being of service. The person that picks up your garbage may have found a peace within that is just as strong and beneficial to the planet as the Senator that is finally recognizing that his first duty is to the people that have put him in his office, and has begun his path of accomplishing what is best for the many, not for the few that have always before been able to determine the outcome of any issue. Each has the ability at a very deep level to connect to the energies of the universe and be able to find answers in a much more subtle way by connecting and receiving the information needed rather than implementing the ego and trying to think through the solutions. The most difficult part of this change is going to be balancing the ego and soul so that neither is neglected or pushed aside for a ruling of the other. Both are now more important than ever and it is necessary many times for the ego to make choices simply because you still exist in a three dimensional planet and the body is a part of that dimensionality.

Yes, life will be most interesting for all of you and you have the opportunity to truly experience the joy you were always meant to experience if you can simply flow with the changes and *recognize that the chaos all around is a type of cleansing and awakening*. You can chose to sink in the mire of it, or you can determine it is much more fun to ride the wave and experience the change as the exciting time it can ultimately be.

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