

## Connecting with others and world chaos.

Question: Is there anything you want to say to the general public?

**Light Beings:** We can repeat what the many are saying now about the chaos on your planet and we can list all the issues that humankind is presently experiencing but none of that really does anything except build fear in each heart. The focus now needs to be on the practical aspects of each entity and how can you live in a way that will give you both joy and be of benefit to your planet. That takes a more practical approach in everything that occurs in each entity's life. Because your time has actually collapsed in a sense due to the exposure of much technology and lack of realization that this technology can become detrimental when it replaces the heart/soul connection needed between each of you, many of you are existing in vacuums without the needed touch and communication between those you associate with on a daily basis. You think you do not have time to spend in such association, but we tell you, you must spend the time needed or you are going to find yourselves not able to survive the momentum of the coming years. Now your young have turned to outside sources of relationship, using technology to replace what was once comradery and exchange of energies. There is no longer the feeling of sharing and understanding another's pain or joy, but more of a robotic exchange that has no real meaning. Even in the family unit each is going to their own little domain of TV and internet and there is no exchange of ideas or touch. Many are not even aware of the seasonal changes to any degree and totally miss the beauty of your planet as they remain in their shell they have created, only thinking about their own needs and concerns and rarely giving others a thought with any depth. That is partially why so many are taking your pharmaceuticals, because there is a pain that is deep in each that has succumbed to this way of life, a pain of disassociation, and no connection with others within their circle. They may speak and may seem to have relationship, but in reality they have closed their heart chakra and no longer can allow themselves to feel the emptiness, so turn to the outside source of drugs and alcohol. The disasters that are presently existing on the planet are awakening in many that are in the middle of the chaos the recognition that the only thing that is of real importance is how one responds to another living being, how one understands another's plight, and how to work together when there are needs that are prevalent.

But is it wise to wait for a disaster to recognize what the human heart has known for the entire time it has existed in a life form as you know it? Unless you can go to bed each evening feeling that you are fulfilled and have spent your hours on that day in things that have brought you pleasure and satisfaction, and unless you can truly connect with your fellow workers, your mates, your proclaimed friends, can you really say you are living, or are you just existing in a body that will ultimately break down and return to your planet and you will find yourself reviewing a very wasted time in your incarnation? Each day you might review in the evening and if you are not feeling gratitude, if you are not feeling an expansion in your heart and solar plexus, you can be sure you are not living the life that you were meant to live on your planet. Most of the chaos that is present at this time goes back to the fact that in your entire history there have been those that choose to forgo the choice of expanding and learning to use their experience in the earth body to the fullest, but have found a sense of power and greed to be more compelling than the opening of the heart and joining the soul with the ego for a life that is joyous and beneficial to your own growth and that of your planet.

Each of you have the ability to choose how you want to live each of the days you exist on the earth and each of you may decide to expand or contract, to love or live in fear, to open the heart or choose the path of darkness. In the full scheme of the Universe, your choice does not matter as an individual cell in the whole, but if enough of you decide the darkness is your choice, then you have also decided to ultimately destroy the whole, because every other cell or human entity you come in contact with will feel the energy and in some way will be affected, and those that you participate with on a daily basis will feel it greater than those you have an occasional touch point with. But if you choose to open the heart and live in light you can have an affect far greater than you can possibly realize. And if enough of you choose that path, then ultimately much of the chaos you are presently experiencing can diminish, and you can find yourself living in the paradise that is possible and that most dream of.