

In this reading: sleep problems, electromagnetic pollution, body field, resonance, personal field, health

**Question:** I am extremely concerned about my inability to sleep through the night. I am waking again at 3:00 or 4:00 a.m. and not able to return to sleep. I am feeling a great change happening to me, but cannot put my finger on it. What can I do to correct the sleep issue?

**Light Beings:** At a deep level you have recognized there is a major change that has taken place on the planet in the past year concerning time. It is such a radical shift from the way the planet has existed with its inhabitants for many, many centuries that sleep is the biggest thing affected. You are among the many that cannot seem to get the kind of rest required to allow the cells and the spirit to repair and rejuvenate. There are many reasons that are obvious or should be to you as a physical entity. The greatest is the additions of the increased electromagnetic fields.

*There is much to be discovered in the near future of your planet that will explain more why the electromagnetic exposure is creating not only sleep issues, but is the basis for the leap in chronic illnesses.* The scientific world does not acknowledge that the human entity is made up of not just the physical cells, bone, muscle and organs, but also has a body component that is made up partially of electromagnetic fields. This is far too difficult to explain in a few words but is very important to recognize as part of the complete human being.

For centuries before the last two, your rejuvenation at night was a given. You were much more in sync with the planet and its rhythms. You awoke when the dawn was presenting and you went to bed when there was no light. It was an easy process because there was not much that could be accomplished by firelight. And you were physically exhausted from a days work either as a hunter or gatherer. You spent many hours just preparing food or finding a way to feed yourself and your family. There was little time for anything but survival. Many hours were spent on the earth itself. You walked to many of your destinations and even after there were better ways - or so you thought - you still did not stray a long distance from the area of birth. You had family and friends that remained in your field until the time of your transition, and rare few of you strayed from the culture your were birthed in.

As transportation and the ability to communicate advanced - or so you perceived - the way you lived changed drastically. Some of the more adventurous travelled afar and settled in strange areas. You joined physically with those that were not of your culture or your ethic background. And your lives began to change in multiple ways that did not seem so important. Money exchange became a big focus, as was the accumulation of land and of objects that you began to perceive as important to your existence. As each millennium passed, changes took place that changed lifestyle, and changed the way families and even acquaintances communicated and shared. Even as late as the early 1900's there was still community that was prevalent, and as soon as the adventurers settled in new areas they began to make an environment for themselves that became familiar and made close relationships with those they encountered on a daily or weekly basis. Still they retired long before the midnight hour and were up at dawn. There was still much that physically had to be addressed. This kind of existence allowed

for both the mind and the body to rest and repair in the night. Then you had the introduction of much faster travel, or electricity and ways to communicate that were of a very different nature with the invention of cars, telephones, and the multiple gadgets invented to use the electricity. *Each of these additions to the lifestyle increased the electromagnetic fields that you became engaged in.*

You were not consciously aware that your existence on the planet not only required that the physical body be taken care of by feeding it and resting it, but that you had another body that required a certain amount of maintenance and repair. This body was also made up partially of the electromagnetic fields. We will not at this time get too deeply into the theory that is now being recognized, but will do so at a later time. For the present it is sufficient to say that every time you come in contact with a living thing you are engaging in a type of dance with their electromagnetic field. That is why you feel your heart opens to some encounters and closes with others. You are either in resonance with the field you are encountering or you are out of sync, so to speak, with the field encountered as it is not resonating to your field; there is a shift in your entire field either in an expanded way or a more restricted or decreased way. That has been the way an entity has experienced being on the planet since the first encounters with other beings. But there were not so many encounters that were not in resonance because there was far less to be exposed to due to a lack of ability to change environments easily.

In the past one hundred years that began to change as you added all of your additions to your life that seemed to be positive additions. However, what was not recognized was how it began to change your encounters and how often you were exposed to electromagnetic fields not only of other entities but exposed by being in proximity of these new additions to your life that supposedly were going to make life less difficult. *Every exposure either affects you positively or restricts or decreases the energetic body.* The field that surrounds your physical body does not stop at the skin but also penetrates every cell and organ. *So it should not be so difficult to see that if you are exposed to more electromagnetic fields that are not in coherence with your field than you are exposed to with those fields that enhance and expand there will be a shift that may not be of benefit to you.*

In the past one hundred years there has been not one or two of these new additions that you become exposed to, but literally hundreds of thousands. And the latest of these is the electromagnetic fields the cell phones, towers, TVs, computers and airplanes emit. You literally are in a soup of electromagnetic waves or signals at all times. So when does your body and your fields have a chance to pull back and regroup, to allow for the part of you that needs to reorganize and become balanced? Never; so what literally happens is an erosion of the nervous system and the pineal gland that has always helped with the ability to reorganize during the evening and night. It is literally not able to do so due to the constant bombardment of the fields that are not necessarily resonating with you and your fields. Every time there is another device, or addition to your large arsenal of gadgets, you are increasing that inability to absorb and readjust. Eventually your body and your spirit is totally exhausted from the bombardment of foreign fields - not just of the gadgets you have added to your environment, but to the many different entities you encounter on a daily basis that you do not really connect with at a heart level but are still exposed to.

Many are aware there is something amiss in their lives, and that there is no real peace and contentment, but they are not aware of the reason. That is why you are seeing more cults, divisions of beliefs, fanaticism, ethic struggles, and chronic illnesses and suicides. People are making an attempt to correct what is happening, but do not have any idea how, or what, really is at the basis of their frustrations, their inability to relax or feel peace within themselves. So they are looking outside themselves for anything they think they are resonating to; thus, the division of the many into smaller clicks and groups that claim to believe a certain way or behave in unison. *Until it is recognized by those that are educating and in the position of healing, that the nervous system and the spirit of the entity they are working with is totally exhausted from the many encounters of the fields that do not necessarily resonant to them, there will be little progress in addressing the issue.*

But there are many ways one can balance the exposures, and correct the overload that is happening. It is certainly no accident that you were led to the store you entered today and were directed to purchase the books you purchased [various on spirit, fractals etc.] and the CDs [*Sleep and Dreamy – Music for Sleep* from The Relaxation Company] to begin working with these fields in a different way. You began tonight expecting to get results in the sound you used, but recognize it has taken you many years of exposure to more and more electromagnetic waves assaulting your body field to create the disturbances in your sleep patterns and one night is not enough to correct the issues you are experiencing. Continue to use the sound, light, color, and make a concentrated effort to be on the land barefooted, as often as possible. Surround yourself with those of similar nature so you can rejuvenate by entangling with their fields, and bring into your environment those things that make your heart sing. In your particular essence there is a great need to be involved in things of nature, flowers, art, music of a higher vibration, and an environment free of clutter. You are a part of the group of entities that resonant strongly to beauty and balance and it is of great necessity that you begin to clear out of your field any entity or thing that does not enhance this part of your being. Be open to nuances that gently nudge you in a different direction because you will find in the next few months your desire to have more freedom to create, and to have more meaningful relationships is going to increase. That is needed for your continued good health in both body and mind.

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