

Question #1: While asleep I had a dream that I was in a pyramid that held many, many books--they were books of the lives of me and my ancestors--there was a person that guided me in and took my book of life from the shelf--I saw it for a second (don't remember what was in it) and the person put the book back on the shelf and guided me out the pyramid--the person gave me three gems; one was clear, red, purple or yellow(can't remember). I, then, woke from the dream to see a white light in the shape of a Christmas Tree Angel ascend slowly from my lamp and out my ceiling. I kept looking at it to make sure my mind was not playing tricks on me. So my question is, was that some sort of message: should I meditate with those gems from the dream?

Light Beings: You are, at this point in your life, looking for answers because you are not quite sure at which path you should go down, because you have some choices, and those choices are rather nebulous to you at this time. And so, yes, the dream was to help you understand that whatever choice you make, the experience will be recorded. It is not so much the choice, but the response to your choice that is of importance. And so it would benefit you to look at all of your life at this point and decide where you need to expand, you need to contemplate more in growth, and when you get very clear about your decision and move forward in that direction it would benefit you to be able to have tools such as gems to meditate on. Perhaps the color is what would be most important, and this is something, perhaps, even you might want to manifest into something you can hold in your hand, a gem that you can actually hold and meditate on. So keep your awareness when you are perhaps browsing through stores looking at various things and if you see a gem that appeals to you instantly, sticks to you, it would benefit you to perhaps purchase and meditate with that in your hand.

But the main point of your visions, or your in-between sleep and awake state that you had this experience, the gems simply stood for various aspects of your life, aspects of your spirituality, and it was the being that was with you was your guide that is with you at all times, and you have the ability anytime that you would like to tap into that energy, and when you are trying to make decisions, if you can open, the guide will be able to also help you with the decision making.

The light that you saw that you described as the light of an angel manifested, was simply another symbol of saying to you that you have connections outside of what you perceive as self, that you are truly connected to the dimensions that you cannot physically see at all times, and you were allowed at that moment in time to get a glimpse of that dimension.

Q#2: I encountered a sighting of shadow people when I was a small child--these shadow people seemed mean and hostile. I was raised to be a very Spiritual person--one to believe in a higher power, thus a Christian--therefore I said a prayer, closed my eyes, and forced myself to sleep--they left and nothing that I know of happened to me. What are these shadow people and what do they want; or are they a figment of my imagination?

LBs: This is an interesting question that many young children would ask had they the opportunity. As you are maturing, you are constantly working both with your shadow self, or what some people would call the dark side of you, and the side of you people are constantly telling you, you should be. The psyche has you live in a planet of duality, and there is no way for a physical human being to live on the planet without ever having dark thoughts. That is a part of the human nature. And as you begin to mature you have the ability to choose those thoughts, but as a young child it is not so easy to do. And so, many times they will manifest those dark thoughts into boogey men, so-to-speak, into

things of a frightening nature. And even if you will look at what is portrayed in the cinema of today, you will see many of these dark -- shadow people as you describe them -- or many very [?] entities that present themselves in these plots, these stories; and this is an adult's way of not dealing with their own shadow work and deciding to manifest it through story-telling. And that is the reason some of these movies are so popular today, it is a way of people dealing with their own shadow's part of their life, their own dark side, instead of embracing and understanding that this is part of the planet's duality, one manifested on the outside of themselves.

And that is what happened to you as a child. You were in a family that worked very hard at being good, and as you say spiritual, and so you were not allowed to verbalize when you had a dark thought, so you simply manifested ones outside of yourself.

Q3: I'd like to know what causes autism and how do we help those who are autistic. I mean on a deeper level. I have a 14 year old autistic son who is self injurious. How can I help him? We had to put him in a nursing home and this is not the best place for him. But right now there are no alternatives in our country. I live in Malaysia. Many thanks.

LBs: Autism is one of the manifestations that has many different facets, many reasons for the expression. One of the major reasons for autism has to do with toxicities that the body has been exposed to, and it could be anything from vaccinations too early for a child's body to be able to work with, to foods that are of a contaminant nature, not necessarily food that makes one sick, but food that does not provide for the body in a proper way. There are many other things that create toxicities in one's young body, and so one of the best ways to work with autism is to be very, very careful of diet. There are many cases on your planet today where diet alone has been able to work miracles with autistic children. But that is not the only reason that children experience such an inability to relate to the outside world. There can be some psychological energies that have created the inability to deal with the outside world, and so one tends to close down, or close in; but in your son's case that is not what has happened.

We would like for you to understand that each soul chooses a path; and it is not always easy for those around that soul to know exactly the best way to work with that soul; and this is what has happened with you. It is difficult for you to know exactly how you should work with your son because he has now reached a level where the communication is much more difficult than before.

There are things on the planet now, and people on the planet, that are having great success with autism. And it, again, has more to do with diet and being able to clear distortions in the energy field as well as in the physical body. And you might want to do some real research on the internet and find some of those people and see if you can communicate and get explicit directions for your particular case. Part of the reason your son is injurious to himself has to do with a chemical imbalance, and again this could be less severe through a diet and additional nutritional supplement correction. So you might want to investigate that. We are not saying that would be a cure, but we are saying that you might see some real improvement with such a program.

No matter what choices you make, the son also plays into it, and if you can in some way understand and present when you are with him a very calming, non-judgmental nature, that will be of great benefit also. You have a difficult road to follow here, and there are many, as we say, that could be of help to you, so you will need to do your own research and find what you would resonate to and do the most good for your son at this time. You are correct that where he is not the best place for him, eventually; but for now it is a good place for him to be for his own security.

Q4: Is there anything you want to say in general or to the world at large?

LBs: It is a time of great searching for many, and it is a time for those that have spent their lives searching to now walk their talk, so-to-speak, in other words it is time to use all of the knowledge, all of the information that has come through for many years now, and begin to create the kind of world that you have dreamed of. The planet is still very much a planet of polarity and there still is much darkness that exists, but those of you who have been a part of the light and have been doing work for many years to produce a kind of reality where there is peace and love and also where there is manifestation of those things of great beauty, are now at a point where you can experience this manifestation. It is time for you to choose the kind of life that will give you not only great joy, but an understanding of how the planet truly can shift the entire consciousness through only a small minority that pursues consistently that of the light. It is a time of great choices and because of the economic upheaval that is presently taking place, and the many areas where there is great discord, one is going to be forced to look at one's life and begin to make choices that even ten years ago one would not have thought would be necessary. And these choices will determine how one's life manifests. There is going to be a lot of concern about the great -- this is difficult to explain -- but there is going to be a great division between those who are able to accept what is happening on the planet and yet be able to live a life that is one of joy and peace, not ignoring those that have not been able to reach that point, but understanding that each person makes their choice through their thoughts and through their actions, and the time has come when proselytizing is no longer going to be effective, when each person has to choose their own path regardless of what another might want for them, and it is the individual's choice to either *understand their thought processes, understand their choices, and make them consciously* or find themselves in a quagmire of difficulty. No longer can one behave as though one were a robot on the earth plane. *No longer can one refuse to take responsibility for one's thoughts and one's choices.* If one decides they will not be responsible then they will be swept up into the chaos that is going on on the planet, but choices of consciousness will keep one on the path where they still can experience the planet in a more beautiful way. It is now up to each individual, and each individual has the choice of responsibility for one's own self.

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