

Question #1: We are going to be discussing tools for sleeping in this rising vibrational time. Recently you offered us information concerning the difficulty more and more of us are having sleeping, and if I understood it right, the circadian rhythms of most people are not working as well because our consciousness and physical bodies are not always resonating in synch with each other, the body needing to be in the 3rd and 4th plane and our consciousness roaming up as far as the 7th before coming back.....

LBs: That is basically true, but it is a little bit more involved than that. What actually happens as one begins to actually become able to tap into other dimensions, ah, one leaves the time element behind, it no longer really exists because that is a basically made up thing that exists on the earth plane, and so once you leave that 3rd, 4th dimension, you have left the time element. And the best time for one to be able to make that connection is in that period where the sleep becomes deep enough that the subconscious has the ability to make the connection; or perhaps we shouldn't say 'subconscious' - in your Jungian world you would call it the over-consciousness, or the super-consciousness, consciousness that connects with All-That-Is. And so what happens as you relax in your sleep and you get into the third or fourth hour, you begin to connect with the different dimension, and then you basically- because you haven't learned how to live in both worlds, both leaving the physical body and being in other dimensions- it awakens you. And you feel as though you are wide awake, cannot relax enough to go back to sleep, because then, as you said, it has messed up, so-to-speak, your circadian rhythm. And so there are many, many of you that are experiencing this at this time and unfortunately do not know how to readjust so that the body can rest while your consciousness explores. And that is what is necessary for you to remain in a healthy state. Do you understand?

C: So we need to learn how to stay asleep under the circumstances?

LBs: That is correct, and that is not an easy process. The way that we are able to come through another entity at this time is somewhat of the process, because, as you know, when Joyce is awake, she is not conscious necessarily of us giving information. It is when she makes that 'adjustment' and enters another dimension that she is able to bring the information through. And she does that in such a way that she doesn't usually remember because a part of her is exploring and connecting with All-That-Is and her physical body is dormant. Do you see?

C: Well, you're saying it's dormant, but I'm sitting here next to her and she's quite alive and animated.

LBs: You're seeing her move and you're seeing her speak, but one can do that also in sleep, as you know. One many times will speak in their sleep, move in their sleep, you turn in many ways during your sleep, you're not still, but you're not conscious of it, you see.

C: So her consciousness is exploring and your consciousness has come in to move the arms and legs as need be....

LBs: That is correct, it is one and the same, but this is very, very difficult for you as an entity to understand. There is no separation, so what she is doing is simply pulling in another facet of all she is when she speaks to you from another dimension, do you see? Do you understand?

C: Yeah, I can understand that it's all connected, so she's bringing in a different part of her....

LBs: Yes, because we are all.....it is so almost impossible for one to grasp in the 3rd dimension....that there is absolutely no separation from any living thing, any entity, any living process is connected to ALL living processes.

C: Is that why Jesus preached 'what you do unto me you do unto yourself'?

LBs: That is absolutely correct. In his own period of time he had great difficulty in explaining what he was wanting people to understand, and that was there is no seperativeness. And if you would read the Bible with that in mind, you would understand the message so much more clear than if you just read it as a man speaking to a group of people in a more symbolic way. Unfortunately when the Bible was written, man then interpreted as he saw it from the 3rd dimension.

C: Returning to our ability to adjust to sleeping in a normal manner, can you give us advice on how to achieve this?

LBs: Yes, because what needs to happen, that the parts of you need to come back together, long enough to be able to return to sleep, and there is a

comfort level that is explored or accepted when one awakes. If you will notice when you wake now in the middle of the night, there is a certain amount of tension that is connected to it, a certain amount of almost being 'wired', as you would say. Have you noticed that? [Yeah] Something is keeping you from relaxing enough to fall back to sleep. And what has actually happened is there is always an adjustment when the consciousness reenters the physical body. And that adjustment is not quite made when you awaken in the middle of the night because you have not gone through the complete sleep cycle. And so that creates a tension within the physical body.

So one of the things one can do when they awaken in the middle of the night is to concentrate on the physical body. And a good way of dealing with that is the process of first tightening and then relaxing every muscle within the body, starting with the feet. Tense them, count 10 or 20 seconds then relax. Then move up to the ankles and the calves, and continue to move up until you have reached the face. And by the time you have reached the face, you have integrated and grounded yourself enough to then usually be able to drift back off to sleep.

If that does not do it, then simply getting up and perhaps drinking a full glass of water and sitting very quietly in the dark....do not turn lights on.....because that confuses the body system, but sit in the dark with no reading, no doing anything but trying to clear the mind. And then once again become aware of the tension areas of the body, and again, the tightening and the relaxing. By the time you get through the process you will find that you are much more relaxed and ready to drift back off to sleep.

If that does not work, then what is happening is the consciousness is trying to get a message to you. And it would be advisable for you to write whatever is going through your mind at the time because it will be something that has been able to drift into your consciousness from your subconscious, from your soul's needing to speak. And it will be an important message for you. And usually by the time you finish the message, you will be again ready to go back to sleep.

So of those three things, you will find that one or all three will work every time.

C: So you don't suggest stretching or some such activity to release the tension, but slowly tensing and releasing different areas of the body while staying still?

LBs: Yes, because what happens when you start a stretching process many times is you're physically awakening.....

C: So it's as simple as that? There's a message that wants to come through if it needs to or the body has trouble.....

LBs: You simply need to be regrounded to the physical, because what has happened is there has been a separation of consciousness and physical, and during that exploration, for whatever reason, have awakened.....many times it's a noise, sometimes you need to go to the bathroom, sometimes you're simply thirsty, whatever the reason your physical body needs to awaken, which happens many times during the night, but at that particular time your consciousness is not necessarily grounded within your body, and so you have difficulty going back to sleep. Do you understand?

C: Yes, especially if we have some issue on our mind.

LBs: Yes, and at this period in your earth's evolution, it is necessary that you begin to recognize that you live many times in more than one dimension. You will notice at times, and you've always noticed, that you can be driving, you can be sitting, and you completely disappear for a few moments; you don't know where you've been because you're consciousness disconnected for a moment from the third dimension.

It is a simple process now of simply understanding and then you can adjust to it. It is very important that one clears one's mind from the daily trivialities that you experience, the concerns, the difficulties you've had. It is very important that you clear your mind before you actually try to sleep because if you carry to bed with you concerns, or an anger, or frustration, or a worry, and as you drift into sleep it's a part of your consciousness, you're basically asking your subconscious-your other being- to solve that for you, and so if that is the case, then you're going to find yourself more tired when you awake than when you went to bed.

So it is very important before you go to bed or if you lie in the bed for a few minutes, that you go over your day and completely, consciously, release it. Then you will find that you will have a much better sleep also.

C: Is there anything you would like to comment on for others at large at this time?

LBs: It is a time of great change and there are going to be pockets of considerable chaos. And if one wants to remain somewhat balanced, one needs to constantly be aware of the energies that you bring into your field

and recognize that at this time in your existence it is extremely important that you keep the balance between the soul and other dimensions, and the ego and the third and fourth plane. That is what is creating the upheavals around your planet now. It has become quite unbalanced. Many are focusing on strictly soul growth, ignoring the fact they live in a physical body, in a physical world. And then there is the other camp that is concentrating so heavily on ego and third and fourth dimension issues, they have forgotten the other part of their nature, of their being.

And so they are out of balance.

So it is of extreme importance that not only those that feel they are on their soul's path also understand the need to recognize the importance of ego, but it is also important for those on the path of the ego to recognize that they must give up a balance to their soul.

So this would be our message for today, that each entity recognize the two parts of their existence on the earth plane and give both equal time, instead of seeing one or the other as not good or not beneficial. Because you have many spiritual beings that simply are ignoring or condemning or denying the ego which is also a natural part of the earth and the entities that exist there.

C: Can you give an example of a person that might be ignoring the ego in favor of the spiritual?

LBs: If someone finds themselves so involved in sacrificing for others that they ignore their body, their physical body, and allow it to deteriorate....[interruption] As we said, someone of a spiritual nature, or someone that is concentrating so much on the spiritual that they are ignoring the physical, or they are ignoring the fact that they....how can we explain...that they feel that an ego is detrimental, then they will appear to those that are of a more ego inclination as weak, not of this earth, not beneficial to the planet in any concrete way, so they are not respected and are not appreciated for their sacrifices. One that sacrifices to such a degree that they do not allow love for self is as much out of balance as one who's ego does not concern themselves with anything that happens to another. It is the very same issue. Do you see?

C: There are earth rules for surviving?

LBs: In other words any time a human being treats one's self in a detrimental way for the sacrifice of another they are doing the very same thing that they would criticize someone else for doing to another. Do you see?

C: They're living a double standard.

LBs: That is correct. Balance is of great important, especially in this particular time of the earth. It is almost impossible to be at peace if there is not balance.

C: You're talking about peace between people now.

LBs: That is correct. You see, the reason for all of your holy wars have been that lack of balance, because one starts out wanting to express their love for God and in the process forgets that if they love God then they also love every other living thing. And then it is out of balance and before they can recognize what is happening they are destroying the very concept that they originally believed in.

C: But everyone realizes that, don't they, the hypocrisy of it all?

LBs: If they realized it, you would not have war.

C: Why is consciousness blind to all that, it seems so simple?

LBs: It may be simple, but look at your own lives. Are you at peace and is it because the reason you are not at peace, is it not because you are not conscious when you have action with another? Because, many times there is conflict only because of the lack of consciousness of the other entity and your separateness. Do you see?

C: By consciousness, you mean lack of recognition of.....?

LBs: Exactly, there cannot be conflict when one recognizes there is not separateness. Because if you see something in another that you do not like or creates anger within you it is simply a reflection of a denial within you, for whatever reason. It is a part of you that you are reacting to. Do you see?

C: So to the extent that people nurture themselves in a healthy, beneficial way; that's grounding themselves so they are not in conflict with everything they perceive around them?

LBs: Yes, and those that are most angry within themselves, if they can become conscious [aware], they will then recognize that the anger that they are feeling without has to do with the not acceptance of self. When they learn to love self and be kind to self, and allow self joy, then they do not have the need to force their ideas, their beliefs, thought processes, their way of life on another because they recognize that as in cells in the body, it is important to have diversion, to have differences, because each person has a different reason to exist, each person has a different work to do. And so it is accepted, then, that you can be different and still exist in harmony, as a liver cell exists with the heart cell.

C: Is there anything else you would like to say to anyone?

LBs: We feel that at this time we will not get into other subjects.

C: Well, OK and thank you for the reminders.

LBs: You are welcome, as always.

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