

Taken from several readings in 1996: Addictions, Light workers and their energy, earth upheavals, perceptions and influence, atomic structure, who the LBs are....

Question #1: Are there specific techniques that can help someone work through a person's addictions?

Light Beings: Addictions are a pattern one has chosen as a coping tool and unless the addicted person is willing to delve deep into their psyche and determine where the stress point began and what mechanism of coping was initiated at that time to avoid or diminish the pain encountered, the addiction cannot be dissolved. The coping mechanism is one's way of surviving in a threatened environment, and if the danger is a fear within the individual, the environment constantly presents a danger and the addiction eases the pain momentarily. To truly rid oneself of any addiction, be it oral or emotional, one must become consciously aware of fears and confront each one openly and realize the perception as a child was totally different, the chance of non-survival greater. One does not need to react in the same manner of coping. Awareness of the fear and choosing a better coping method can gradually change a pattern of behavior. To be specific, if one had a childhood of inconsistent treatment, "I love you, I hate you", "I love you" see saw, a pattern is set that says to the child, I can only be loved sometimes, and never if I don't please. I may die if they don't love me, because I need food and shelter and I cannot provide it for myself. I must try to please always and at least most of the time I'll have security of food and shelter. The pattern is set. Later in life one mates and reacts to any act that appears to be displeasure or disapproval with intense inner fear. Security is threatened, or so it seems from that inner child's perspective. I must please, but I'm tired or I'm sick or I'm busy, and so on and resentment builds. The see saw then becomes "I love you, I hate you, I love you, but I must please or you'll threaten my survival. I can't live without you. To break the cycle one must become aware that they are still acting out the child's role. The security is not really threatened. They are capable of taking care of themselves and probably in a better manner than they are now being treated. That awareness can be hastened with visualizing the first time one's security was threatened and the reaction. Use NLP and reprogram that reaction. Visualize a successful act of obtaining security in a positive manner that assures confidence and respectability in the first threatening environment and move forward to several other times one felt threatened. Each time see the initial coping mechanism and then change that one to a positive secure movement that assures one's survival. Note what scenes appear, who is involved, which gender and what the deep emotional reaction is. Now bring one forward to the moment and time and visualize a fear experienced now with the present addictive coping mechanism used. Once again visualize a more positive mode of coping. Use trigger words or points to strengthen the visualization. Remember addiction is a coping tool. That has not been researched thoroughly enough yet, especially in drug and alcohol abuse. Even though there is a genetic tendency, it is not a necessary way of dealing with stress. One could have a predisposition to genetic weakness to the heart muscle, but not need to experience a heart attack. The genetic weakness would never be triggered if the initial security issues were never threatened.

Q2: My assumption is that the earth "upheavals" are to a great extent of my own doing and interpretation. Is that correct?

LBs: It is much more complicated than you are presenting it. Yes, what you perceive is your own interpretation but you must understand that the earth plane has reached a frequency that has created a reality of sorts for all concerned who are presently participating on the earth plane. It is of each's own creation only in how the individual soul decides to react to what is happening, but the upheaval is of a much greater dimension than any individual perception. Is that clear?

Q3: As such, how can I, as an individual, influence or affect the outcome in a positive spiritual way by using the different levels of consciousness that affect this reality?

LBs: Each soul that has chosen to incarnate at this time has the choice to raise the vibrational frequency of his being, and in so doing will influence all that are in his or her energy field. You only have to reach your own potential to influence anyone that comes in contact with you, and it will be apparent when they enter your field that you are the intent to help them. You only need to open to spirit and realize that the flow will be through you. You do not have to even be consciously aware of the interaction. You may influence people without even being aware of it simply by allowing the frequency to raise to the level that you transmit the information. It may not be of a verbal nature, but may be a frequency that you are able to pass to another energy field.

Q4: Is raising my frequency a conscious, or not so conscious intent, or both?

LBs: You must first make the choice to open.

Q5: And the choice is primal, of course, in that it is the soul speaking?

LBs: That is the essence that you will forever be. The soul is a label if you like, but it is more than an individual concept. The essence is a part of all there is, and you bring that into the incarnation and drape it with personality and mind. In so doing, you then make the choices to remember and follow your path and find many lessons are not so difficult, or you may decide not to remember, and allow fear to permeate and block your ability to be able to flow with spirit. Until you can dismiss the fear and allow love to replace it then and only then will you be able to open and begin to raise the frequency to the level you have so spoken of.

Q6: You are a collective consciousness. How do you describe what we would call your "home base"?

LBs: That is not an easy one to explain because we do not relate to "home base". We are a part of all that is, and we as a group focus on the social order of the earth plane at this time of our growing. We are a part of a consciousness that sees a need to grow in sharing knowledge that we carry in our essence that could help

move the planet forward in its evolutionary cycle, and those that now are on the planet are open to such information. It is time for radical changes in the way the human forms relate to one another, and we are here at this time choosing to relay information that can help with this transition. It is not the same as much of the information that is presently being received because our focus is somewhat different. We are not so interested in theory or history. We are much more interested in seeing applications that work, because you have very little time on the earth plane to correct many of the abuses to both the planet and to the human kind.

Q7: Will Joyce also be a conduit for other messages that others, such as you carry?

LBs: Understand that this is not one contact but of the many, and when she needs specific information of a kind that this particular soul group does not have access to it will be available through other entities that are also working to help with a smooth transition for those that are willing to raise their consciousness. The information is readily available if she can remain open.

Q8: Would you agree that "there is nothing to fear but fear itself"?

LBs: Fear is the only thing that keeps one from remembering who they are and fear also is the only block from receiving and giving love. Fear is of the earth plane as part of the original plan for the humankind. This is where the myth of the Garden of Eden was originally conceived. There is such truth in many of the myths of religion and if you can see on a broader plane you will begin to understand why it was needed for the development of the soul.

Q9: Why do you call yourselves Gotha?

LBs: Gotha was the first entity that was able to break through to Joyce. There has always been a soul group but we felt she would be more accepting of an individual in the beginning than to introduce her to the concept of an entire group of entities trying to come through when she really wasn't interested in allowing even Gotha to speak. It was very frightening to her and she took quite a bit of time adjusting to the idea before we let her in on the fact that there was more than one speaking. She is aware now at a very deep level that different entities speak on different subjects and it is not so frightening to her now.

Q10: Now that you have revealed the reason for the name Gotha, with no disrespect to Gotha, do you wish to use another name?

LBs: We are of the White Brotherhood and have no need for any particular name.

Q11: It is interesting that being disincarnate; you have chosen "brotherhood".

LBs: Understand that we do not sense even sexes as you seem to be so aware of on the earth plane. The closest word we can relay to you is brotherhood, indicating a unification of souls. You could call it sisterhood or manhood or any other noun you might like to attach. We are one group in a unified purpose and a name is not so important. We are souls that concentrate on the light and have no identification with the sex of either male or female.

We find all of the issues surrounding the standoff between the sexes at this time quite sad. Each soul is both male and female in part and there can be no division;

Q12: Will the earth inevitably see a magnetic pole shift?

LBs: There will be a shift but it does not have to be as dramatic as many suppose. With enough light work the magnetic force could even be reversed, but at this time it does not appear you have enough workers to be able to completely avert the shift. Please understand that much of the negativity that is opposing the light work is growing also rapidly and that is why it is so necessary for people to learn of more practical ways to get the message to the masses. It needs to be a message that can be heard on many levels and understood by the average so called man on the street. Many of the light workers find it difficult to bring the message to the ones who need it the most. How many of the negative forces are concentrating on small groups? They are calling to the masses through the media and through even the educational systems. That is where the light workers need to be concentrating but it must be in a way that can be heard and is acceptable. That is why we are working to help you understand that it is of the social order we are concerned.

Q13: Just as I have a choice, the common man on the street is in great need at this time of realizing that they always have a choice, and that that choice is powerful.

LBs: You are so correct but at this time the consciousness of the average human is of such that it is difficult to reach them with words. Light is the much faster way but it must be done in a way that is acceptable. Communication is of many levels, and if you have pure intent and are signed on as a light worker, you will be able to transmit information in a way that will open them, but the word will not necessarily be the only vehicle. Do you understand?

Q14: I think you are telling me that healing light such as hands on light transmits information to the soul of the recipient and is received on that level.

LBs: It is not only healing light, as you are perceiving, but a direct connection of chakra centers. The power that emits from a light soul is astounding. It can connect with any chakra center of another and open and transmit information through light and color and even sound. Without your being aware at your present level of understanding, your voice can transmit energy depending on where it is coming from, at what energy center. There are many nonverbal ways we see you

communicate with on a daily basis, and now it is time you understood these energies and used them consciously.

Q15: Where else do you focus your attention when you are not watching the earth plane?

LBs: That is a question that may somewhat difficult to answer in a verbal manner. We do not perceive either time or space so it is difficult to explain. We are as a group involved anywhere in the universe, as you know it, or beyond in any area that relates to what we call social order of any entities that are evolved to the point that there is such structure in place. There are many such groups and we work with many of these entities and guide them when they allow it. We do not have the ability to explain to you how this actually happens, because it is far beyond anything you would understand even in your scientific communities and your so called new age physics. It is not as though we were a part of the dense reality of the earth plane, and we would appear to you only as a light source you could not identify.

Q16: I would like to discuss vibration today. To be clear, I would like you to explain what you mean by vibration because I believe it might be different from what others assume.

LBs: You perceive as vibration. You are correct in surmising that what is normally thought of in the English language as Vibration is not exactly what we are speaking of. It is far too complex to be able to explain in simple terms that would be easy for the general ear to understand so we use the word rather loosely. It is, in a more scientific way of thinking, a restructuring of the molecule or the cell structure. It is a slight shifting, so to speak, and in the shifting the ability to be less dense transpires. An easy way to think of it is a cellular change that allows more light to penetrate and therefore allows more of *any* energy to penetrate. The actual geometric structure changes, but that gets too complicated to express in words. Perhaps as you learn more of the magnetic fields and of other energy applications we will be able to relate thorough symbols what we are trying to express. For now, understand that it is a cellular change through structuring in a different way than is presently being experienced. Does that help you understand?

Q17: Why does the cosmic consciousness require this change at this time?

LBs: If you understand anything about the universal laws of cycles and changes, you can understand that all living entities of any kind have an ebb and flow. Some cycles are very short and some of much greater length. The earth has a very long cycle and this is not the first time there has been much change. Each cycle spirals to a higher frequency and the consciousness is raised accordingly. The time has been predicted by many of the indigenous tribes of your planet for many centuries because by oral tradition it has been remembered from previous experience. The reason was not understood as you can understand it now because the

consciousness was not at this level. They saw it as a force outside themselves. Some of you are now recognizing that every living cell is part of the whole and will be affecting in such a way that none can escape the changes.

Q18: Is a consciousness that truly believes in cooperation and love with man and nature, immunizing itself, so to speak, during the rise in vibration?

LBs: Be open to love, and understand that each one is a part of all the vibrational changes. The simplest way to express what happens to such a being is to understand how the river flows around the rocks. It does not even feel the obstacle, but simply finds a way naturally around it. That is what will happen with those that are open to the higher frequencies. The being will find that obstacles simply do not exist in the same way as experienced in the past, and as the crisis develops for others; they will find it does not seem to affect them in a direct way. They become more of an observer than a participant in the chaos, not really becoming a part of the energy that feels the upheaval. The energy that surrounds light workers does not meld easily with a denser energy field and it prevents the participation in activities and experiences that are a detriment to that being. *The process is one of flow through as opposed to flowing against an obstacle.*

Q19: Are subatomic particles not really particles at all, but energized geometric forms of light?

LBs: The idea of particles and geometric forms is one the scientists are presently grappling with but do not understand at this point of your evolution. Nothing is solid as you now know, and there is no such thing as a solid form. It is very difficult to explain again in words but if you could see the symbolic forms or symbols that express a form, you could understand in a way that would make it clearer. The individual articles [subatomic particles] that you speak of are of a specific energy form, but we would not label it light. The best word we could use would be pulse, or even the word rhythm. Each particle vibrates at a certain frequency according to its structure, and that structure determines the total make up of that particle's density. If you examine any living thing such as a blade of grass you would note that each cell has an identical structure to the one beside it. This is the secret to what is presently being termed quantum physics. The structure is different for different rhythm or pulses and that is of a geometric pattern. This is at a level that cannot be seen with any equipment presently available. That is why it is so difficult for the scientists to grasp what energy actually is, because it is not the moving forces they are speculating makes up any examined particle. You are trying to understand something that is far too complicated to understand at this time in your scientific community. There will be a major breakthrough in the study of light that will aid in the better understanding, but it will be some time before the complete picture will be there for you. If it is of great importance to you that you understand more of what energy or light is, or what the particles are actually made of, you can learn through allowing the information to come to you at a very different level than through a language such as we are trying to use at this time.

Q20: Will sound be necessary for growing crops that would normally not need sound at this time, soon after the vibration rises?

LBs: Understand that humankind is the most affected by the vibrational changes because of the blocks that are present in the psyches of the individual. Most living beings other than humankind and domestic animals will flow with the change and not be affected in a negative manner. However, sound will be beneficial for other reasons. The pollution that the earth is experiencing and the way the earth is being treated at this time of its evolution is creating an environment that will make it more and more difficult to raise food that is of good quality for consumption. That is the reason both sound and color will be of great advantage. It will not be because the plants cannot adjust to the vibrational frequency, but because the soil and the air itself will not be of the quality needed for good harvest. You will find many methods that will help balance these problems that will become more and more prevalent as the changes occur on the planet.

Q21: Is there a particular light being entity speaking today that would like to identify itself?

LBs: We normally do not sense any kind of individuality, as you would perceive it. We are an energy that combines many different elements to make up what you would call a group. Our interests are similar, and that is what brings us together. Egos and personalities do not exist in the way that it impedes you human kinds. When you ask a question, it as though many so called signals join to give you an answer, and it may not be from any specific entity but a joining of efforts, so to speak.

This information comes to you in a different way than in some of the so-called channels. They may receive an individual entity that speaks through the physical body; and the personality is taken on by the entity that acts as a vehicle. That would be possible for Joyce but it is not what she chose as her method of receiving information she chose before this incarnation to continue working with the beings that she originally came from, and that would not make it necessary for her to become just a vehicle for one being that still wishes to express themselves through an earth's body. Does that help you understand a little better why we are not always as direct as you might like? We have no so called investment in creating a personality or creating specific ways of speaking. We simply want to give information that will be helpful in moving Joyce and others that may decide to participate forward in this shift of the earths' plane, and hope through such communication to give some practical guidance as well.

Q22: Can sound be created with equal results but from different sources when healing? In other words, could a healer use crystal bowls or tuning forks, or voice sounds with equal results?

LBs: If you open to become a healer, and allow information to flow, you will intuit what would be the best method for each individual you will be working with. All of the different ways you mention are valid, but some beings resonate better to one kind of tone or sound while others resonate to a different method. That is why is so

important not to get side tracked into a specific way, and to be open to all types of sound. Many instruments could be of benefit, both musical and other types of instruments that you have not yet discovered. According to a person's past life history, as well as the present mental structure, you would need to choose one that resonates in a way that could open the soul to hear, and not just the physical body. For instance, if you were working with someone from the African culture you would not be able to open them quickly with Tibetan bowls. But if you happened to be working with someone who had had a past incarnation as a Tibetan monk, and in this life had chosen to incarnate in the African culture, they might immediately tune in to the bowls.

Q23: You mentioned that pollution of soil and air would increase during the vibrational changes. Does that result from pollution controls failing, weather changes, or what?

LBs: As you are already aware, there is a growing concern for the earth's pollution problems. This is not a fear that has no basis. The planet is being bombarded with gases that are not natural and cannot be dispensed in the normal way of the past. As the earth becomes more and more polluted from such things as the gases from industry as well as the many other pollutants from automobiles, and from the many other factors that are presently upsetting the earth's balance, such as the demise of the rain forests and the deserts, that are developing due to overuse of/and incorrect farming methods of the land. That will be the main factor that will create the problems we discussed concerning the pollution and the growing of crops. There will also be many weather changes that will affect the crop growths. There will be many days of unseasonably warm times that will stimulate a growth pattern and then the weather will rapidly change and the plant life will not be able to survive the radical changes from cold to hot to cold. That will also create disease patterns that are presently not even on the earth's surface.

Q24: I would like for you to comment on this progressive thought. Consciousness begets energy, which begets form, which begets vibration, which begets perception, which begets consciousness.

LBs: You make it all seem so complicated. Consciousness is the first that exists but unfortunately most human kinds have forgotten what the true state of consciousness is. Those that do not remember are at a disadvantage in creating their reality because their thought patterns, or energy as you call it, truly does create form for them. But that does not necessarily create more consciousness. Many times the very act of the creation, when proven to be of a negative nature, sets up such a block that consciousness is not available at the brain level. Until the individual chooses to remember what their path is and what their original essence is, they cannot follow the simple path of consciousness begets energy, begets form, which ultimately allows for the mind to rise in consciousness.

Q25: During the vibrational shift you suggested human's pets would have a difficult time as well as the humans. Can you please explain?

LBs: Domestic animals are not given the same advantage as those animals that still live in their natural habitat. They have atrophied in their senses and will not be able to flow as easily with the changes because of this disconnection from their original habitats. They have been domesticated and would have a difficult time surviving in the natural surroundings their ancestors were a part of, and they will also have difficulty adjusting to earth's changes for the same reason. They are no longer equipped with the built in safety factors of survival that those still in their natural environment have.

Q26: I would like to ask how difficult it is for an individual to overcome the collective perception or mindset of society, for instance, in the case of aging.

LBs: There is cellular memory involved in the answer to your question as well as the individual thought patterns that are present. That is the reason it is difficult for one to overcome the so called mindset of such things as illness, death, and aging. It is certainly possible for one to overcome the cellular memory and the obvious thought patterns that have formed around a particular culture but it is more difficult than to control thought patterns that are not so entwined in the many. If you should decide you wanted to overcome such a pattern it would require first the releasing of any ties you have to the culture and that is not an easy task because so much of the day to day exercises you go through is tied to what you learned at a very early age and sometimes what you learned in life times for the same culture. You can overcome easier when you have raised your frequency to the level that you are no longer tied to the need for approval of your peers or of your family unit. At that time you have a much better chance at leaving such unified thought patterns and working out your own reality.

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