

**Question from a reader:** The Middle East conflicts are raging and on many of our minds. Is there any advice you might want to give us about this? [Edited for clarity]

**Light Beings:** At this point in your earth history there is a great division, as we have spoken of before, between the dark and the light, and it is now the opportunity of each soul to make the decision whether their thought processes are going to be of the light or of the dark. And if one is not fairly careful about their thoughts, they will find themselves entering into a place of fear, of disillusionment, of concern for all of the things that are going on the planet that are of the dark; but they do not have to participate unless they choose those thoughts. And the more one allows oneself to enter into that place of fear, the more one is pulled into things that will draw unhappy circumstances to them. That does not necessarily mean that they are going to be thrown into a disruption as is in the Middle East, but they may find things do not flow for them in life, they may find that there are more disruptions than there are pleasures. And if this is true in their lives then they need to examine what they are thinking about, spending their time doing, and also being concerned about what they are speaking.

What happens many times when things become very disruptive in other parts of the world is that the media brings all of the negative aspects to the forefront, and as individuals begin to listen and see what is happening in other parts of your planet it becomes a conversation piece; people begin speaking about it, talking about what should or shouldn't be, whether the government's doing the right thing, wrong thing, whether this person is making the right decisions; and there becomes this *engagement* in an energy that is built in a very negative or dark place, and so one will become fearful — not just for what is going on in the Middle East, but they bring it into their everyday lives without realizing they are doing it.

So it is very important that one monitors not only their thoughts and what they spend their time thinking about, but also what they are speaking about. If one wants to benefit instead of adding fuel to the fire — the situation in the Mideast — every time they think about or allow the thought process to come through they should bless it and dismiss it, not let it remain and fester and create fear.