

The Light Path
Lecture # 12

The Light Beings Speak

I ask the divine light guide us and protect us. I call forth the beings of light and love, truth and wisdom. And I ask now that all that we need for the divine enfoldment of our souls, on all levels of our existence, manifest peacefully and lovingly.

The room is very sacred. We are welcoming the teachers, we are welcoming the wise beings, we are honored by the elders of light.

We want to talk tonight about pulsation. We have spoken often about light, the movement of light, the energy of light, the grounding of light, the lifting of light, receiving and giving, seeing and feeling. At the core of many of these experiences is the movement of light. How the energy of light pulsates through the dimensions of space and time, through the dimensions of form -- subatomic form, atomic form, emotional form, thought form, energy, electronic form -- are all affected, organized and directed by pulsating light.

Some of this light can be perceived by humans, some cannot. Some of this light pulsation is understood by those in this dimension and some is not. There are dimensions that have understood this pulsation and use it to travel through dimensional space. Some of these entities are coming close to the earth. Some are what some of you call UFOs and they have understood how to use pulsating light.

We ask each of you to just take a moment and feel the space between your body and the atmosphere...(pause). Become aware of how light is moving in rhythmic pulses through your skin into your dense physical form and out of your dense physical form into your auric field and into the environmental field and towards others. If you are what we would call healthy of mind, body and spirit, this light pulsates in a rhythmic, steady, calming, manner. If you are disrupted and depending on the aspect of your being that is disrupted, the pulsation of light will either slow down, speed up or become erratic in its rhythm. Part of the way that we have come to know you is to observe how the light pulsates through you. Some of you have a natural rhythm throughout your whole being, some of you have a different rhythm for your human self, for your thought form self, and for your soul self. Some of you change rhythms on a regular basis. You seem to get bored with the pulse of light and want it to be different.

This is how we and other beings of light learn which ones of you are explorers, which are home bodies, which ones like things to be just so in life, and which ones like change.

We cannot judge your actions as such, for we are not earthlings, but we can observe your light. Those of you who become students of the light path become sensitive to the way light moves, to the beat and the tone of light. You, too, become observers of light and the pulsation of light. As you become aware of the light pulsating through your skin and into your body, take a moment and see if you can observe which one of your physical organs pulsates with the calmest flow of light...(pause). Now see if you can find which organ pulsates with erratic light, if there is one...(pause). See if you have an organ that pulsates with a speedy, steady, rhythm.. (pause). Now, notice how the light in your mind moves...(pause). Observe your skeletal system, see if the light moves throughout your whole body in a rhythmic beat or if there are points of erratic rhythm.

The more you get used to observing yourself, the more you'll be able to tell where it is important to focus your energy, where it is important to focus your breath. And where within you is a good source of light that you can use for your challenges. Be careful not to judge yourself according to others. For some, a calming rhythm beat would be torturous for they like speed and erratic change. For others, the calming beat is necessary for strength.

When you meet each other, very often relationships are formed instinctively by how the rhythm of your light is affected by the rhythm of the other's light, even if your thoughts or emotions are very different. It is very important that each of you takes ownership of the rhythms of light, the pulsation, within your own beingness. As the entities of light, visitors from other dimensions, come closer to you, you will not be disrupted by their observing your pulsation or by their sharing of their own energy.

One of the ways that you can manage to do this is each day to practice projecting light from your being to a certain point outside of you, and then back again inside of you, trying to keep the same pulse that you send out to receive it back in. For instance, you are in a room and you are projecting a ray of light, such as gold, to a plant across the room. With your breath, set a pulsation for the light being and once it blends with the light being of the plant, try to draw it back to you in the same rhythm. When the light comes back to you, it will not disrupt your being. In every exchange, there is a projection forward and a receiving inward. When you understand this, you will understand the importance of intended, conscious use of light. Everything you do is an exchange of light. When you are aware of your own natural rhythm, you will be able to intend that rhythm wherever you are. Other's pulses, whether it

is from a person, a thing, or another living aspect of earth, will then not be able to disrupt you so.

Some of you here deal in very public situations with many people. Can you imagine how you are being bombarded at all times by pulsations of light? If you are in such a situation, it is absolutely essential that you practice sending out the pulse of light that matches you from your body, from your heart, and from your mind. Set the intended pulse in each atmosphere and let it be known that only harmonious pulses to that one will be received back by you. If you do not do this, you are being bombarded by pulsations of light that perhaps are disrupting your own, or overwhelming your own, or altering your own so that you are not energetically viable. You might collapse of fatigue or grumpiness, or emptiness, or explode in too much energy.

In the future of humanity, this will be common knowledge. Just as in this time in humanity, humans are trying to communicate with others below them in languages that can be touched by all - music, sound. Your, what is it called, cyber-language? It is all part of this effort to be able to touch each other through sound and therefore remind each other of your common existence. At one point, humanity will realize how important understanding light is and that form is the least dynamic touch there is, even though most humans are still addicted to it.

Many of your visitations are from other dimensional beings. Are you aware that these are humans in the future who have used pulsations of light to travel back in time to visit their ancestral beings? Some of you, at times when you are having visitors, are being visited by your future selves and are using light to travel through space and time. Whenever you perceive an entity near you, a spirit, a UFO, a visitor, perhaps it is yourself you might want to say hello to it.

Do not be afraid. The future space and dimensional time is using holographic use of light to travel; not all visitors, but many.

At the level that you exist in consciousness at this time, if you can organize the pulsation of light through your being with intention and consciousness and love, you will find greater health, more productivity of your creativity and more peacefulness in your loving exchanges. If you come across someone whose pulsation of light does not match yours, you either have to create a space where the light is transmuted for each of you, or you need to agree to not share too deeply. Do not accept erratic light that does not match your pulsation.

Being bombarded by other's pulses is very trying on your endocrine system and on your glandular system. It is important to understand your own rhythm first, not in judgment, not trying to control how light pulses through you. Observe it. Come to know it. Come to understand it. Find the space in you, if it is in an organ, or in a thought or a feeling, where light moves in the most peaceful, joyous pulsation and move it from that space to your most erratic or discordant pulse within.

You are Light that is playing with form. You are not form playing with light. You are light. You are spirit. Understand this, the fullness of this, and you will then start to enjoy playing with the form that you are living in. You are light playing with form. What is it you are trying to create with your play? Come to understand the power of this.

Before we close this part, we wish you each to re-focus on the light that is moving in and out of your skin. Feel the pulsation. Light playing with form. It is the light pulsating through a thought form that is creating the dense physical form. Light playing with form.

We will keep talking of this in the future times together for we are entering a new stage of the teaching with you. Do not rush your understanding of this. Just play with it each day. Take your time, until you can feel the space between the environmental light and your own personality light, between your skin and your non-skin, until you see it all as pure light. Don't rush, take your time. For there is no such thing as time.