

The Light Path
Lecture # 1 of Year Two

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.*

As we have said many times before, you are coming into a time now on the Earth plane where the energy in the old systems is being taken out of the old systems. The old systems are falling apart energetically, or contracting into themselves. This energy, this creative energy, to keep evolving consciousness on the Earth plane is now freeing itself into the etheric plane of the Earth. It is up to all of you on the Earth plane who are facilitators of light to draw this energy and keep it grounded. It is a lot of released, strong, creative, electrical energy. It needs to be grounded. It needs to be welcomed. It needs to be reflected in a peaceful way, in order to not just be available to infuse a lot of fear and confusion and upset.

You are on the cusp of organizing the expression of this energy in the coming times. We are calling each of you, and we are glad that several of you have been thinking of this meditation, because we are calling each of you to take it seriously. It is only from the Earth plane that this energy can be grounded. It is from the other planes with the helpers, the guardians, the teachers of the Earth, with the great beings, with the masters, with the goddesses, with the Great One, the Great Spirit, the Great Mother-Father-God, that plane can send higher thoughts, send higher energy, send love to the Earth plane.

It is only those of you, conscious and clearly, positively intentional on the Earth plane that can take the energy released from the old system and brought down from above and merge it and ground it in the positive action. We are calling upon each of you to take this opportunity to organize the evolution of the Earth in a peaceful way, in a centered way, in a grounded way, rather than an excited, inflamed, hot way. Do you understand?

Part of doing this is to each day notice aspects of your own life, whether they are personal or those around you, that no longer have energy. The energy is gone. Well, it's not gone; it's released. Where is it? Notice where the energy has gone to. Notice if it is floating around in the field of energy around you. Or if it's floating around in your town. Or if it's floating around in your community or friends. What happened to the energy?

Take the opportunity in your daily meditations to give that energy intentional focus. Just to take an example, you belong to a political club that has been organizing things in your area for a long time. All of a sudden, when you go there, you can see there is no more energy there. It's gone.

The energy was removed from it. It no longer comes up with the creative, intuitive, innovative ideas needed. In your meditations, bring the club into your mind, and then ask that the energy show you where it's floating around. You might see it floating around in your town. You might see it floating around in the leaders in your town, or in the people of your town, or in the people involved in the club.

In your mind, take a breath and visualize that energy, then moving with harmony and moving, flowing, as you do the pole of energy that we have been working with you, to the Earth and to the sky. See it in a polar balance. Try to get an image of the energy, grounding it in the Earth, and flowing for charge energy to the sky. Then, ask that the energy attract to itself in this grounded state a new expression of itself: a new club, a new leader, a new cause. Put that intention in the pole of energy that you ground.

You might find that in the simplest of things. You might find that there's no energy left in your shopping malls, or in your schools, or in your hospitals. Work with the energy. Ground the energy. Set intention into the energy as it's floating around. That's your job as facilitators. Your job isn't to go to the higher realms, find the higher love, find the higher concepts and bring it down. The higher beings will do that. Beings living in those dimensions will give it to you. Your job is to bring it in, to center it. You understand?

You can do this in your own lives, everyday, and that will help you practice it, to do it in the public arena of the Earth plane. Some of you have experienced this recently a lot, recently in the things around you, have you not? All of a sudden, you're feeling there is no energy here anymore. With relationships, like with your greater family? Right now, in your mind, create an image of the circle of your greater family in the old way that it has existed. Now follow the cords of energy out of that image and find where did the energy that was in that old way, where did it go. Where do you see it going in the etheric plane? Is it hovering? Is it scattering? What is it doing? In your mind at this time, now take a deep breath, and ground it. Take the energy and move it down into the Earth and back up again to the sky in that circular form, like when you do it within your own self, but do it in the etheric plane. Then ask the energy to move to a greater family, a loving family, an energetic family, to move its energy into a family of the New Age. Do you understand? The energy that was in that past group is over. The way that group interacted is over. That's part of the change. It's creating new energy. It's taking old energy and putting it in a new place.

Energy is energy, but the old patterns, the old matrices doesn't work any more. When the energy is released, because there is a calling on the etheric plane -- the etheric plane is sort of the map, it's the matrix of the Earth plane --that keeps things integrated. The intelligence on the etheric plane is saying, "This isn't working any more. There is change coming. Leave." The etheric energy that knitted your family together in a certain way, that Etheric plane energy is saying, "Let's change. Let's leave this old way, this old pattern."

The people who were created in that old pattern, if they haven't changed their consciousness, they're going to stay in the old pattern, but in a non-energetic way. You'll see it. They won't

have energy. It's leaving You don't have to encourage it. You don't have to focus on that group any more. Don't waste your time. This is very important. Don't waste your time on the old.

You just visualize the energy. See lines or cords of that energy field, however you can see it. See the lines or cords going down to the Earth and grounding in a new way. See the cords opening to the sky, like when you do your personal grounding, you know, the one that we like the best -- disk to disk, and then ask the energy itself, say to it, "I as a facilitator of Earth change welcome you to find a new expression." Something like that in your own words.

This is very important to understand, that this change on the Earth plane has to be guided and grounded by Earth conscious beings. Those who haven't got it, aren't getting it, have to move off and let it go. This always happens in the change of civilization. Those who wanted to stay in the Roman Empire sunk into their ways for many centuries, did they not? There are always people who want to linger in the old way. They just can't get the new way. It's too hard for them. It's too big of a jump. There's no judgment about that here. The energy of the evolution of the Earth doesn't stay with the old. It leaves. What is no longer necessary, goes.

For the change to be positive and non-violent, now there are many conscious awakened beings on the Earth. More than at any other time in the Earth plane's existence, except in the very beginning. Now all of you coming together can decide how this evolution is going to happen. God isn't going to decide it. God just gives love for it. You are going to decide.

Each of you are going to be called and are called to do that in some way. You're going to be called in more and more circumstances. You'll notice you'll go into a medical clinic, and all of a sudden you'll feel there's no energy here. This way of handling situations is over. If you don't have a solution right at that moment, don't worry about it. Don't say, "Oh, I can't take action because I can't figure out a solution." Work with the energy. Work with grounding the energy and calling forth the wisdom inherent in the etheric plane of Earth. The etheric plane energy seeks to evolve and, like a child seeks to grow, it knows that it's seeking new vibrant methods. Those of you who are manifesting in physical form, if you cooperate with this and work with it, you will feel the dynamic flow of this change.

Let's give an example of a school building that has lost its energy. In not working with the building itself, or the teachers, or the beings that are there, but in working with the energy, you're calling forth the wisdom in the energy to bring in a new expression. You might find that over night, there are new teachers, or new methods, or new visions for the children, all of a sudden, instead of trying to make the old patterns work over and over again. It's time to let go of the old and energize the new. Now is the time.

This is important, more important than you perhaps realize, because there is a lot of energy being released right now. A lot of systems are in the middle of this transition. There are the temptations of humans to try to make the old systems work. Well, they're not going to. The old ways of educating children are not working; they're not going to. The old ways of dealing with hospitals and medicines aren't working anymore, and they're not going to.

New visions need to be awakened, but first in the etheric plane, and then move through those who can make the change. Your job isn't necessarily to awaken the visions. Your job isn't to find the people available to find the visions. Your job is to work with the light, with the energy, with grounding it, and then the visions inherent in the etheric planes will awaken. They are seeds planted there through the creation of Earth. They will awaken. Do you understand?

By working with the energies, finding the energies of the dead spaces and grounding those energies, you can find places where the new energies are coming in and also ground those. You are not just looking where the energy isn't any more, you are looking where the energy is different also. Some of you have been seeing more of the new energy than the dead spaces. That is why we have been leading you in practicing grounding your own energy. So that you will all have it, we'd like to tell you briefly the meditation that we give people so that you can practice it yourselves.

We ask you to all just first take a few deep breaths and relax your physical bodies. Remember to gently breathe in, and on the exhale, allow yourself to go deeper within yourselves. Let the exhale be long and soothing. Scan your physical bodies a few moments for places of tension. Using your breath, relax these spaces., letting yourself relax in your Earth body. Now, envision about a foot above your head, a disk of light spinning. This is your gate disk between your individual self and the Universe. Now ask the universe to gather energy and light that is perfect for soothing and energizing yourself today. Envision this light coming from all reaches of the Universe to this disk of light.

As it pours through the disk of light, it individualizes itself for you. It matches your energy field, energizing it. First it pours down filling your aura, wrapping your aura with the universal light. Then it touches the top of your head, your crown chakra, and breathing up to the light with the exhale, moving into your head. So you breathe up, gather the light, and fill your head. Use this method to breathe up into the light and inhale down, as you breathe up and down through your system, letting the universal energy pour through each chakra, each organ, each bone, each muscle, each fluid line. Breathing into the light and moving it down, all the way down to the tips of your fingers, to the tips of your toes.

Moving it down through the Earth, about a foot below the Earth, where there is a grounding disk. The universal energy floods through your system, through this disk, and branches out in many roots throughout the Earth, far and deep into the Earth. In the Earth, there is the fire-hot love of Mother Earth. Mother Earth sends her mists of love up through the roots, so that changing your breath now, breathing into the Earth light, and with each exhale, move it up the roots, through the disk of light. You have the right with the breath to move it with the exhale upward, up through the Earth into your feet. Wrapping around the universal light, it ascends up, ascending up filling your whole body with Earth's loving light. Sending it through your heart, down your arms, into your hands, and out your fingers, into your aura, where it shoots out and wraps around the universal light in your aura, so that you are energized, grounded, and wrapped with light,

ready to fulfill yourself on the Earth. Bring your hands to your solar plexus, and center the energy in your belly.

This is the flow, when the energy is coming into the Earth. You move it down this way and back up and around, and moving it through either the Earth plane yourself, or the area that you live in, or the situation that you're in, and wrapping it around that situation. If it's the energy field that was released from an old situation, first move it down through the grounding disk, back up through the ether to the universal disk to gather energy and wisdom from above, and then back down again to the center.

Say, for instance, that you are in a job situation, and you can feel the energy has been removed, is gone from an office nearby you. Bring to mind that office and follow the energy lines and see where it went. You might see the energy is just dancing around in the cafeteria, wondering what it is going to do with itself, but no longer wanting to energize that office or that person or that job unit. Visualize the energy, and do this at home in a meditation. You don't have to be there.

First visualize the energy going down into the Earth to ground itself. Follow it all the way down. Feel the Earth blessing it, energizing it. See it coming up through the disk, and in a pole of energy, just like a pole, going all the way up to a disk of light in the higher realms, being given energy by the Universe. Flow it back down through the pole to a middle point in the pole, and radiating out into the aura from there. Bless it, and tell it that as a facilitator of consciousness, you send it the intention to find a new positive expression of itself...a new, positive, expression of itself.

Who knows, it may move into the president's office to energize the president to new visions. Or to accounting to solve a problem. But it will move someplace grounded, centered, blessed. Do you understand? Don't waste time trying to energize activities, situations, institutions that are no longer needed or of service to the Earth. Move on. Move on.

If you are in a situation like that and the energy is gone from a relationship, move away from those relationships. That doesn't mean that you won't relate to those people staying positive and compassionate., but follow the energy and see where it goes. See where it might go to a new person coming into the group. It might go to yourself. It might go to a new organization. Follow the energy. Facilitate the energy's movement.

You know when you are in a situation and a group of people are speaking of old patterns that no longer match you at all or no longer match the situation. It's a waste of time trying to communicate to them of the new experiences. Without judgment, move on.

When Jesus walked the Earth, he said, "Follow me. Leave everything and follow me." This is what he meant. He was bringing a new path to the Earth. He wanted those he was calling to follow him and not look back. Moses said, "Pick up everything. Follow me. We are going to go through the river. Follow me." You can find this throughout history, in all religions and all teachers. The new comes and says, "Follow me." You, now, are becoming instruments of that

energy, where you are saying to the energy, "Follow me. I will help you." That is your job as facilitators of consciousness. Don't be shy. Don't be afraid to assert the truth.

We see that some of you have been working with it, and we want to let you know that we are grateful. You are not working in isolation. You have many beings that are guardians of the etheric plane and higher beings that are grateful for what you are doing. The spirits in the air and in the reservoir are grateful also. There is great trauma in that area of land. It feels as if there is needed new vision on how to deal with environmental issues. Some of what you can work on is to bring to mind in your meditation the different organizations that deal with environmental issues, and see if you can follow the energy, see where it's going and help ground it.

They are trying to solve the problems in the area, but with old thinking. The energy needs to be really grounded so that some new thinkers can find their way there. See, when you ground the energy, and you also open the higher energy to come into this grounding space, you magnetically set it so that new thinkers and people of new vision can come and act there. You may not have the visions on how to heal something. You don't have to have all the answers, but know that you are magnetically setting an attraction place for new thought. Happier elements make environmentally cleaner elements. When you are happy, you know how the energy moves through your body and you're healthier? This is true everywhere.

Some of you are going through things with your family. Some of the old patterns in your family are just finished, are they not? The energy needs to be grounded, so that new visions, can come to the subconscious in the family and new actions can take root. The way that your family has interacted is no longer vibrantly alive. In a meditation, visualize your family in your mind, follow the energy, see where it's hovering, ground the energy, and ask then that it awaken to call in new patterns of being. As the family evolves in the future, these new patterns of being can be organized in the family.

A few of you are stuck in a lot of old stuff. You will first have to cut some of the energy lines around you. What do you do for a living? It almost feels like you are in a box. Follow the energy that was there and see where it went. In your meditations, just see where the energy line went. It might be hovering up in the etheric plane, it might be scattered out among many new systems. It might be just sitting there waiting for a new place, saying, "Now what do we do?" Invite the energy, ground it in the Earth plane; you can ground it through the water into the Earth underneath the ocean, if you want. Then ask it to magnetize itself to a new situation. It is dead. It's over.

For a few of you the energy around you is trying to do a dance. It is trying to go forward, but is being sucked back into some old patterns. It is not yet breaking free, and we say: don't get discouraged. Don't think that you have to go back to what was. That won't be the solution. The butterfly can never become the caterpillar again. No matter if they say history repeats itself again, it never does quite the same way again. It doesn't, and that's what you need to remember.

One of you on campus followed a meditation that we gave you earlier and about this following the energy. Some of those buildings on that campus really are dead energetically. For anybody who tries to work in them or think in them or to learn in them, it is so hard, it is arduous, because there is no light there. Creating several energy circles and grounding will invite new inspirations to come forth. That's important. The old ways are not going to work.

This happened rather quickly for some of you. It's like the old energy just dropped out of things, didn't it? We want to congratulate you for following the energy, which you do. We know it was a brave act. You could feel there's no energy here anymore, and you took the risk. We want to support that. Remember, when you are working with the energy yourself, to ground it. You may have a little resistance to merging with the Earth. You like those upper planes, but you're here. Sorry, but you're here; don't get dizzy in the spin in the upper plane, you need to be here.

For others of you, it feels like there are a number of things around you that are losing or changing their energy. You have been in a bit of a dither trying to get everything stoked up and working again. We feel like you need to put the stoking rod down, and say, "All right, I surrender," and let yourself move into an open space and be in it for a little bit, without trying to figure out what to do or where to go. Just let go and relax for a little bit. Beating an old dead structure isn't going to make it work. You are an extremely intuitive, sensitive person who has felt responsible for making things work for everyone else. We would like to give you a new responsibility (because you do like responsibilities, so we are not going to say don't be responsible) to be truthful. Say: "This is working and this isn't working. This is viable energetically, and this isn't viable energetically. I am going to go toward where the energy is alive, vibrant, and viable." Being truthful is essential in this journey of being a facilitator of light and consciousness and evolution.

Several of you have been struggling, saying, "I'll do it this way, and that way, and..." You always do this right before you surrender. You are in for a big surrender. The big change of energy is going to happen in you itself, and not so much in the surroundings around you, but in you, in the way that you hold your own personality, your own joy, the way you hold your own visions. There are major changes going on. Just follow the change as it happens. Ground the energy, relax with it, and trust your self seeking change. That part of you is your eternal self. Your grumbling earth self, she grumbles. Just pick her up and bring her along.

A few of you are getting a lot of intuitive flashes recently. You're knowing on a lot of levels that the old situations are not working any more. You can feel it. It's happening. You have been in a little bit of a tizzy, not knowing what to do. We want to affirm to you that if you just allow yourself to keep seeing the truth, "Yes, the old isn't working. Here's where the energy is going. I am helping to ground the energy and follow it," then the intelligence in the energy will take you along with it. Don't try to see the future. The future is already designed in the present, is designed in the energy. Your job is to just allow the energy to sweep you along in a sense. Taking the extra weight off...well, that's part of the old, isn't it? The battle with it is also part of the old. Let the battle be over. Envision yourself stepping out of an armament suit, unbuckling it, just letting go.

Of course, there are some in a hurry to get away from the old. You're trying to run out of the old structure before the energy it totally out of the old structure. The problem here is that the energy also has to leave. If you leave before the energy does, then you're sucked back because the energy is still there. The most important thing to do is stand in the energy, to ground the energy and keep opening to the higher inspiration. Have the energy receive the higher inspiration. The more grounded, the higher inspiration is, the more the energy is going to move forward. There won't be such a battle then. That is true generally. If you try to change something before you've change the energy, or before the energy has changed itself, it doesn't work.

So, we call you all to the joy of your job as facilitators. And we celebrate you. Because you are the only ones who can really help fulfill this. The Earth needs conscious facilitators. You are all, now, shamans of the Earth dance.

Take care.