

The Light Path  
Lecture # 3

The Light Beings Speak

**Choosing Consciousness**

*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.*

You are all very active tonight on many of your dimensional planes. And this is part of what we want to talk about tonight. As you begin to be more focused and more directed with your consciousness, you can be aware of yourselves moving your focus from one plane of existence to another, with more ease. You can become more fully aware of the dimensional planes that you live in simultaneously. And therefore, you can become more responsible, in a sense. And we mean this as a positive word. For how you funnel your energy, your intelligence, your love, from one of the planes of your existence to another. From one of your bodies to another. From one of your heart levels to another.

It is important to allow yourselves to feel an ease as you go through the gateway from your etheric mind level to your spirit mind level. When you have been developing through the work with us and through the work with your other teachers, there is really an awareness, not just in your Earth personality selves, and in your etheric. And when we say "etheric," we mean the lower energy body etheric, the energy form around your body; we mean the astral plane, we mean the thought pattern level of the human existence.

You have been working on fluidly moving energy back and forth between these two dimensions. Have you not? Accessing your truth, accessing your higher energy, your higher frequency of light, and your higher frequency of love. And moving it fluidly from your dense physical plane body and personality to your etheric body and personality. But your souls, that part of your consciousness that is the "I" and eternal, each of your souls is itchy. Itchy to expand its ability. That while on the Earth plane, to have a flow back and forth between the next level of consciousness. That of the spirit mind. That of the spirit body. The pure spirit body. That is the universal body that merges with all other spirit aspects.

This is a little bit more challenging. Because it is harder to differentiate at times, as you are merging with the spirit. It is harder to differentiate how to allow that flow to come back in through the etheric and through the physical worlds that polarity rules... the worlds where it gets defined to the form/ non-form, masculine/ feminine, god/goddess, action and stillness.

How to allow the non-duality aspect to flow towards the duality aspects of existence, without overcoming it. Some of you are working on this at this time. Are you not?

We feel like the others are dancing around deciding whether they are going to work on it. Because, it is saying, "I am going to allow the next gateway to open and, therefore, allow myself to really surrender and change." This is a big jump, is it not?

We want to encourage you all, that you are all ready for this job. Some of you just don't like to be pushed; you don't like to move quickly. Some of you are aware that if you move too quickly into spirit awareness, you need to keep the intention to flow that spirit awareness -- to intend it to also flow through the human awareness planes. Otherwise, you might just stay out there in the higher frequency planes and dissipate your bodies. This is not your intention because at this time in human consciousness, having the fluidity of gateways open is possible for all those who really seek to love existence. That is the question that is coming up for most people on the Earth plane at this time. That is the duality; do you love existence? Or do you want to alienate or annihilate and disseminate existence? That is the basic question that is coming up for humanity. Do you understand?

So, that potentiality on the Earth plane, it sits in the air; shall we say? It sits in the mind. It sits in the souls of all humans. Are you choosing in each moment to love existence? Or are you choosing to annihilate your own existence? Moment to moment. Because it is a potentiality for all humans, it is a potentiality in every moment. It has never been in the history of humanity before a potentiality for all humans to willfully destroy all existence. Therefore it has never been the potentiality to really choose to expand existence to new levels.

This is a moment of power that the human is moving into. It is the moment of challenge. There has always been the potentiality that the environment might destroy existence. Or that the higher beings might decide that humanity wasn't working, shall we say? But it has never been in the history of the human race a choice for humans to destroy all other humans. And therefore, the polarity of that is to really embrace the joy, to increase the energy and frequency of owning existence. You are in that creative moment, that threshold, that transition. It's changing the reality on the Earth plane.

But as you translate what is happening for all humans into your own personal existence, you are living in your very moments that you now can choose to activate the intensity of the Earth's life force within yourself. Or you can choose to go along with the shadow aspect of the duality which would be to destroy life. Some of you may say this is coming from that place where people are unhappy here, and so they want to leave. No. It is a conscious ownership of creative powers that used to be attributed to the gods and goddesses to create or destroy all life. Humanity is reaching a level of consciousness as a group where it realizes it has a certain power. And with that power has a way to do it. Humanity has the power to recreate . . . as you want it right now. So if you make this a positive experience, you can just

recreate it, what you want, right now, right here. Yes, that is what you are coming in to. You are coming into the power that used to be attributed to what you call the gods/goddesses realm, the keepers, or whatever. You may ask, "Should we get rid of all the negativity?" That is the choice for self and all humanity. As all humanity comes into the knowingness . . . All humanity has come into the knowingness of destruction. Now all humanity needs to come into the other side, the knowingness of creativity. Earth will change.

So, as facilitators of spiritual energy moving through the material world, for that is what each of you are, each moment that you decide . . . first of all, accept that you do have the power of destruction. You do have it. But accept that you also have the power of creativity. And moving from that space, you are helping to put forth the consciousness of the spirit on the Earth in a more dynamic way.

This is why humanity is at this potent moment, shall we say? And your jobs as facilitators are to be as conscious of your involvement in this moment as possible. To claim yourself as the spirit force activating itself through the etheric and through the dense physical worlds. Changing, creatively changing any aspect of form in the etheric or physical that you wish to change with your spirit consciousness.

This is not an egotistical power or negative power. This is a celebration of the spiritual power that you are lead to remember that is part of your essence. Do you understand? So, when you find yourselves emoting and obsessing -- one self-annihilating thought after another -- you might want to look it and say, "Ah, I have just been cooperating with the death aspect of this awareness of this anguish?" We feel that once you identify that you have been cooperating with the death aspect, you will then almost automatically choose to turn towards the lights, because of your work that we have been doing. Start identifying when you have been focusing more on death than life.

If you put the intention in your meditations and your prayers, that you wish the light-force, life enhancing aspect of the spiritual power to move through you at all times -- move through your mind, move through your heart, move through your thoughts, through your emotional forms, your etheric forms, your physical forms, your ego forms -- you want the life-enhancing aspect to move through you at all times, then from that intention, when you notice that you have slipped into a death focus -- whether it is the death of the mind, the death of the body, the death of energy -- the intention will then switch automatically.

That is why meditation and prayer are very important at this time to keep your intentions. To keep the intention of the gateways between the spirit, the etheric, and the physical, to keep those sort of dancing together as one consciousness.

This work that you are all doing makes you more lively beings, but exhausting for your earth bodies.

Eventually, your physical Earth selves' core identity will vibrate at a different frequency of light and it won't get so exhausted. As the spirit sort of dances, it readjusts everything. The body needs time to be retuned and cannot be involved in earth actions while it is being retuned. That is why meditation, quiet time, dreaming, day dreaming, baths, massages, those are important at this time. Acupuncture is one way to open the pathways.

All of your bodies are not separate. They are all together in a sense, but at different frequencies. All you need to do is, with your intention, switch into a different frequency and you will be in a different body. You don't need to leave yourself in order to be in a different body. You have the Earth consciousness that believes "it is either here or there". It is not like that. It is here, and here, and here. There is no "there." Whenever you find yourself way ahead or way behind yourself, you are in the here-there consciousness, and that will not bring you into the fluidity of the spirit and the etheric body. So, when you are focusing on a memory, you feel it how you live the memory in your body, feel how you live it in your emotions, and you feel it how you live in your mind. You don't have to go running somewhere to remember the memory more. All you need to do is to switch then and try to feel it from a higher level of energy, from a different level of awareness. It is just put the intention on switching and asking to live it in a different level of awareness. You ask: "What does that feel like when you accomplish it?" It is a knowingness without struggle.

So just ask, when you are holding a memory in yourself in full consciousness, when you are as conscious of it as you possibly can be, take a breath and say spirit, switch it into the next level and see what happens. We can try that now if you would like. Would you like to do that?

Try this switching exercise: Take a memory that you want more clarity on. Now focus on that memory for a moment. Feel how you are living it in your physical, dense, Earth plane body. Notice if your body is tight or expanding, or is quiet or loud. Notice your body. . . . Now notice how you are living it in your emotional body. How do you feel about this thought? . . . Now notice how you are living it in your mental body. Are there images? Or colors? Or thoughts? What awareness do you have of this? . . . Now switch this to your etheric body and notice how you are living this in a higher thought form or memory form as it related to other memories. As we say switch again, notice how you expand the consciousness of it in a pure spirit. Feel the relationship of it to your eternal spirit. So switch. . . . Now switch back to the etheric. . . . Switch back to the mental body. . . . Switch back to the emotional. . . . And switch back to dense physical, ego state, all the way down, down to the frequency of your body. . . .

The more each of you practices this kind of switching consciousness, instead of seeking consciousness, the more you will be able to stay in the present aware here state of yourself.