

The Light Path
Lecture #8 of Year Three

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.*

It is important to take time to readjust your thought patterns and your emotional patterns to match the light patterns that you have been working on in your chakras, the cells of your body and the grid of your energy field. It is essential to do this on a regular basis, just as we have encouraged you on a regular basis to move the energy of light through your body to the earth and back up and around. It is essential to move your consciousness through yourself to observe, to adjust and to transform the lingering patterns that organize your system.

When you call in consciousness from the higher realms or when you invite light to move through your system, without adjusting the energy, you can cause a schism inside your being, between the part of you that is attached and working from the old patterns and the part of you that is activating change and transformation. We want to suggest that rather than a schism, there is a bridge between these two aspects of self. Love, compassion and wisdom can move across this bridge and help the part of you that is attached to the past to stay connected to the part of you that is seeking the future.

When there is a war between these two aspects, there usually is chaos in the outer life or illness in the body. How many times have you experienced an inspiration and felt full of light and energy, then almost immediately your resistant self (the self that loves the patterns it knows) sends up a wall of resistance and this wall states, "I won't change. I like what I know, even if it hurts or limits me or isn't working. I still like it. So have your dreams and your fantasies, I won't change. Period." This is where the real change can happen, when the self that sees the possibilities is willing to act with love and light, not just dream of it.

The self that sees the future needs to look back and cross over the bridge and share the dream with the past self, offering love and help in letting go of the past. It is only through love that the self addicted to the established patterns would be willing to open up and say, "Well, maybe I'll try."

The self that has kept one stable and established can say to the dreamy self, “Now look, these visions of possibilities are exciting, but what are the practical steps we have to take to make it happen?” You see, the self that lives in the past knows how to make things happen. It is only through partnership, with the established-self and the becoming-self, that true evolution can happen.

You can see this happening in your world, your politics, your countries. You have the visionaries who are saying, “Society can be this way.” It is only through those, who have learned new ways of existence and have had visions of the way the new future can be, who reach back or across the bridge to teach, to interact and to be loved in return by those who are limited by old thinking, that true peace on earth can come.

So we want you to personalize this and look within your own lives and try this exercise. Get two big pieces of paper or poster-board. On one sheet, write or draw or cut out pictures that represent the visions of transformation that you know are possible in your life -- your dreams, yourself living in your full light and positive-ness. On the other sheet, draw or write the aspects of your life now that are old and tight that feel used up. Put them up side by side, facing each other. In your mind and vision, move back and forth between the two images, until they become one image in your mind and you have brought them together. Every time you feel a resistance to doing that, breathe into the resistance, let it go into the earth, let it go, let it go.

Once you have done this exercise externally a couple of times, you can then try to do it internally by creating two different screens, one on each side of the brain. Then bring them together in the middle point of focus. When you do this, notice how it changes the light vibration in the body, how it changes the consciousness of yourself. When humans can do this in their own beings, of merging their visionary selves with their old selves, they can do this for all societies on earth, and earth can become one center point of consciousness. This will always happen together, the one center point filtering out to the two aspects, filtering back to the center point. That is the dance of consciousness.

Thank you.