

The Light Path  
Lecture #4

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.*

During this time of transition on the Earth Plane, it is important to understand how to move between your own realities and between the bodies of your own existence -- the physical dense Earth body, the etheric body, the mental body, the emotional body and the light body. All these bodies are affected by the changes of vibration and the changes of awareness of the Earth plane. So that when you come to know something, or experience it through one of your bodies, it is not enough to hold it just in that body. It is important to stabilize the energy by bringing it through all of the bodies with consciousness, with will, sacred will.

Let us give you an example. Say for instance, that you have a vision in your mental body, and the vision is of yourself behaving in a certain way. You see yourself living your own truth or experiencing the passion of your being. You have a vision of yourself in a certain manner, a certain energy. In order for this vision to be fully enacted, it would need to travel through each of the bodies to be imprinted with energy of that particular body.

You get a vision that you can sing a beautiful song. In order for it to hold full meaning it would be important to align the vision with your light body, with your soul, with the energy of your higher self. Then to use the other aspect of your mental body, the reason body, to give some structure to the vision, to break it down into an aspect that can be utilized by the self. Then to bring this vision into action, it would need to have the energy given to it.

Your etheric body that is always structuring the energy that your other bodies would need to align around it and align around the vision. But still, on this level, it is still a vision with some structure, some energy, some spirit. In order for it to be expressed in action, you would need to move it through your emotional body, which would infuse it towards connection with others, or infuse it with connection towards expression, and finally bring the vision through your physical body, your three dimensional Earth plane body, to give it action.

So often it is easy to get lost and wonder why you do not carry through on things, because you dreamed of something, or you felt strongly about something, or you longed for something. You did not align it with all of your bodies, and the more conscious you become, the more aware of the fullness of your being, the more important it is to align it.

There are so many distractions in this time of change on the Earth plane. Distractions to ignore your mind, or overwork your bodies, or forget to use your body for your inner self, or

to dissipate your emotions through fear or working. In order to maintain a stability, in order to maintain a conscious life, it is important to review, to witness, "How am I moving with important aspects of my existence, through the fullness of my being?"

There are inspirational experiences that will get you going, but in order to experience sustained progress, you need to consciously align that experience with all of the bodies. Great teachers do this automatically; they may not necessarily have all the words to describe it. They talk about breath. They talk about body form. They talk about seeing it and understanding it, and aligning the self with the energy. They are talking about the bodies, the inter-dimensional bodies of the human being.

Instead of seeing yourselves in this limited form when you look in the mirror, if you could see yourself like circles (spheres) going around circles, going around circles, interconnecting, then you could see that you are this more overlapping self. Then you can allow your consciousness to roam around and ask, "Oh, how am I experiencing this in my feeling self? My kinetic self? My energetic self? Dense physical body self? How are my muscles, my skeleton, my blood reacting to this? My nerves?" From living in this fuller way, then you are able to access this universal energy to support you in a more dynamic form.

If you see yourself as a molecule, almost, then you become an aspect that attracts the universal force, and within you there is more of a dynamic space for the universal energy to interact. See yourself as a moving force with lots of different aspects within it. If you see yourself as just a three dimensional body, that happens to have some feelings and thoughts within it, then when you are feeling tired, or sick, or lose an arm, or cannot see, then that shuts down your energy. But if the three dimensional body is only one aspect of the body, the gates between the bodies stay open to receive energy for all the inter-dimensional bodies.

The etheric body which surrounds the cells, the physical body, is the first layer of the aura.

As you bring in this entity of self we are talking of, all these bodies begin working in harmonious rhythm. As this comes about, then a magnetic pull of this positive entity of self starts to attract the universal energy and other entities that can support your consciousness. And so, we do see coming towards you, lights from your guides. Be aware that at night and in your sleep, you are getting told things. You are getting helped. Awakening your emotional body to work in alliance with your other bodies has helped magnetically pull these other entities in. So if you wake up some night and see your room full of energy, or feel it, don't get frightened. They are there to help you.