

The Light Path
Intuitive Training
Lecture #5

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.

We want to start encouraging each of you to become aware of being multi-dimensional. As you know, we like you to start to be consciously aware of that you are dual in existence and going from that knowing to being aware of being multi-aspected in existence. It is important to practice the dual existences of being aware of your physical body and being aware of your non-dense body.

So we would like to do an exercise with you tonight to encourage this. We want to encourage this because as the energy in the physical earth intensifies and your society is going through more chaotic change, leading to new civilization. As we have said before, this is the time of breakdown. This will intensify over the next couple of years. It is going to be important for light facilitators to be able to move from their earth lives, not just in meditations, but while you are *living* your earth life. Whether you are gardening, or whether you are teaching, or whether you are mothering or fathering, or computing or whatever, while you are doing your earth challenge it is important to be able to move your focus to a non-dense earth consciousness, to see your non-dense earth body -- for want of a better word, we'll say your etheric light body -- as real and as dynamic and as strong of a place to be home on the earth plane as your dense physical earth body. Are you willing to consider this? We will try different ways to teach you.

We would like you first to focus completely on your earth dense body, to breathe into it and to relax to the point but not to where you lose consciousness. Notice your earth dense body, its frame, its boundaries, its thickness, its lightness, its form. Look with your inner eyes as if you are looking into a mirror and look at your dense physical earth body. Really feel the outline of your body. Do you remember, when you were a child, you outlined things and colored them with a darker outline, do you remember that? Notice the outline of your dense physical body. It is not a time to judge it, it is not a time to be critical of your body. This is just a time to notice it.

You know, as babies you had bunting pajamas that covered your whole body. Now envision that you have this dense physical body that covers you that way. Now, as if you are stepping out of a pair of pajamas, you're going to open now -- open the front of this outfit and step out of it -- stepping forward and turning around and looking at your dense physical body. OK, you are stepping forward, that is, you are stepping out of this suit and looking back at your dense body. Notice the body you are in now. Notice its energy, its light, its form. Now as if this body were an outfit, step back into your physical body and bring the energy back into your physical body, filling out the whole frame of you dense physical body. [Long pause for the exercise] Was everyone able to do that?

Now, take an issue in your life, any issue that you wish to understand more deeply. Think of it in your earth dense consciousness and notice how this issue is held in that dense physical form. What does it do to the body? How does it make the body feel? [Short pause] Now, with a breath step out of the dense physical body into the body right in front of you. How does this self feel or think about the issue? [Short pause] Now, keeping the awareness of this body, step back into your dense physical body. [Short pause]

Now, staying in your physical dense body, step into the body of the other self in front of you, so that you are in one space together, but you are still two different consciousnesses in one space. [Short pause] Choose a moment of time now, from which consciousness you wish to observe this issue, and allow yourself to enjoy it. [Short pause] Now, bring yourself back to your normal earth consciousness.

Part of the evolution of this time is to realize that there is a continual fluctuation of energy. There is a continual evolution between dense physical earth and etheric earth, universal earth and beyond what is known. There is continual evolution between yourself and your dense physical self, your many layered selves that exist in this world, in this one moment of spatial time. So that if you are experiencing something, and your dense physical self is not able to encompass it, then switch the focus you can move to and the self that can encompass it, and then that self can move your earth self to handle it.

Instead of your earth self always trying to handle everything, drawing in the energy of the higher self to help. Let your lighter higher energetic self move through you earth self using your earth self to express the wisdom, the knowledge, the light on this planet.

Do you understand the difference in what we are saying? For there will be many things in the coming years that will be challenging your earth selves to handle. Sometimes the earth self gets too forgetful, and tired, grumpy and weary and forgets that it is part of the greater system. The higher body of conscious that you go to never forgets that it is part of a higher system, that there is a greater grid of knowledge, that there is a vastness of energy. If you move in non-crisis times to constantly re-weaving together the thread of consciousness between your different bodies, your higher energetic selves will then flow more freely during the crisis, tense times. We're speaking of energy and how thought consciousness and your higher consciousness selves will automatically then have the pathway to organize your earth self. Your earth self will not have to remember to call upon it, remember to ask it, remember to promise to work; it will automatically be receiving and acting from the wisdom of the higher self. Do you understand?

If you wish to practice this exercise we gave you, we would like to suggest that you play with it a little bit, that you always start from the earth body and then envision stepping behind you into the body behind you, or to the left side, or the right side, or the body right above you, but always then at the end of the exercise, have your earth body move into the more expanded body.

This is a change of focus of what we have been doing before, when we have been asking you to envision the light from the expanded body moving into your earth body. You are ready for the next step. Please play with it for a while. Don't think, "I can do this" or "I can't do this", just play with it. Let consciousness be a joyful experience, not a task for perfection, not a task or a duty -- just play.