

The Light Path
Lecture # 8

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 enfolding of our souls, on all levels of our existence, manifest peacefully and lovingly.

Well, Dear Ones, we want to let you know that there is a pulse of energy that is where the light meets the heart of Mother Earth. When each of you allow yourselves to have your Earth self meet your Light self in a moment of sacred union, there is a pulse of energy that lines up with the pulse of energy that Earth has with the sacred energy.

Each time you allow this balance within yourselves, you are not just balancing within yourself, you are lining up with a greater energy, and you are supporting, intensifying and accessing this stronger pulse of loving energy.

The reason that we bring this up is to remind you of a pathway to receive support. You are tackling new things on the Earth Plane. There is so much change going on in the Earth Plane at this time. There are new thought patterns, new concepts, new spiritual paths, new technologies, new ways of being in society, new ways of establishing your own identity. There is a feeling in many humans at this time that wonders, "Now where am I going to get the energy to handle this?"

We want to remind you that if you align your own personal journey with the greater journey of the universe, you will access an unlimited supply of energy. Lining up your journey to embrace from your heart, from your Earth self, to embrace your soul, you put yourself in a pulse that automatically draws, like a magnet, the universal energy.

So, you do not have to create more energy to handle your life. You just need to access the greater energy that is there.

Think about a time this past week, or this day, when you just didn't think you had the energy to handle something. Now envision that within yourself, going within your heart, an opening

to a universal light pulse traveling through the universe. It feels like a pulsating light. Align with this light. As you align with this light, let this light travel through you. Let it change your memory, bringing with it the knowing that there is unlimited energy.

Your Earth self may be able to process only so much energy at one time. It might need to sleep, to stop, to eat. The Earth body has been built to handle only so much energy. But the source of energy is always there. You don't have to create a new source of energy. You just have to remember to access it with more peace. Remember to respect the Earth body's need to process energy in a certain way.

If you think in terms of this being a vehicle of movement, you have a vehicle that as long as you keep oil and gas in it, it can keep going. But every now and then, it needs to stop and have new tires, new spark plugs.

We were really trying to move the concept away from your mind that says, "I only have so much energy here. I cannot do it. There is not enough energy." Or, "This is too much change. There is too much going on. I cannot handle it. I don't have enough energy."

We would like you to think, "I have prepared my vessel to receive energy."

Have you gotten enough rest? Have you given your vessel enough food? Have you moved it around enough? Have you moved into the rhythm of accessing the universal energy? You do not need to create energy. Energy already exists. It is more a matter of aligning your heart, loving your vehicle, and moving in the pulse of creativity, the pulse of the universe. You can move into the pulse by watching your breath and allowing your breath to move with the pulse.

Once you align yourself with the pulse of creativity, you are aligning yourself with unlimited energy. Granted, your vehicle may be able to process only so much energy at a time, but the source is unlimited. You don't ever need to ask: "How am I ever going to get the energy to do this?" It is more like asking: "How have I set myself up to have a vehicle of being that can receive energy?" Are you keeping your energy field open? Are you keeping your chakras in a nice balanced spin? Are you getting enough rest for your molecular structure and your mind? Have you kept your mind in an observing, witnessing place with enough mental challenge so that there is this being in the center of your mind who loves to build systems; every human has this. Unless you give this aspect of yourself creative systems to build, it

runs around worrying, throwing thoughts around hither and thither to build some kind of system.

"What am I doing within myself to get ready to access?" That is the important question.

If you are having trouble accessing your own rhythm, or your own breath, concentrate on something that has rhythm or breath --- the waves of the ocean, the water in a waterfall, the birds singing, leaves rustling in the wind. Think about something that has a pulse or rhythm and move with that. For it is moving with the rhythm of the energy that opens the pathway to receive.

Earthlings tend to get frustrated with their own being. They want more. This is not only true of just humans. Cats want to fly sometimes. Birds want to walk. Fish sometimes try to land themselves. Earth race beings tend to want to be free to be like other beings. Sometimes in their desire, they forget to value their own vehicle and what their vehicle needs. Human's bodies are designed to have sleep as part of a dream process. Understand and honor the vehicle you chose this time around to access the universal energy. Try to feel the pulse of the universal energy and rhythm as it moves through you. Once you come to feel the pulse of energy through your body, you then can move into a harmonic relationship with the pulse of energy through the Earth and receive more.

The traditional ways to replenish energy will not necessarily work any more. Prayers, music, places went on vacation. So it is really important to listen to the pulse of the universe that flows through you. And that pulse might change. As long as you keep listening, you can tune into the pulse and have a natural gateway to the universal source.

Meditation music for others may not work for you. If you are dancing to a rhythm that no one else hears, then so what?! It is getting to listen to the rhythms that are attuned to your system. If you slow down or become lethargic/fearful, then you know your shadow material is coming forward and it is time to do some processing. If you are moving (or meditating) at home in a way that does not match your being (you are moody or grumpy or it does not match your breath), then ask: "Whose rhythm am I absorbing? Am I responding to some negative energy in this room/office/place?" Notice your rhythms. It is very important. The more conscious you are, the more often you need to ask yourself: "What am I doing? What is going on?"

Each person was created to enjoy their own being, to enjoy life. Not to try to fit into someone else's life.

Sound on the Earth Plane is also increasing. Unless you take responsibility for finding your own rhythm on a regular basis, you are going to be bombarded and enslaved by what is put out there and cut off from natural energy.

Egos always try to go out and merge with other people. Trying to figure it out - that's the Ego's rhythm. Love your Ego, embrace it; just quiet it down, have it take a little nap. It is the time for the inner energy to move in; this is your time to be asleep. Be sure not to judge the ego, for in judging you are giving it energy.

There is no running away. You always live the reality that you choose to align with. Suicide doesn't solve it, as you will experience the problems in the etheric level that you were trying to avoid on Earth. You are what you are, wherever you are. You are what you choose to be and it is all round you, you are in it - the reality you choose to align with. We suggest that you align with your sacredness.

You are creating your own existence in all the ways that you express your existence.

Your spirit knows what it is doing and knows what it wants to express, to create. even when your ego is fighting with it. Trust your spirit.