

The Light Path
Lecture # 9

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.

Well, Dear Ones, we hear all the chatter. Your minds are very busy. There is a lot of activity going on here. We are asking you all to breathe into your heart centers and to bring the energy into the present, to come in at peace.

Yes. We wish to speak today concerning the water element. We spoke of this in the past, when Hurricane Bertha was still drenching the New England area. Then we asked those of you on the East coast to concentrate on the waters near your homes and around you to help bring balance to the water element. We want to let you know that Mother Earth -- the consciousness of the Earth in this area -- has been trying to heal the water element herself. It has been quite difficult. You have seen quite a bit of imbalance in the way the element of water has enacted upon the Earth, through your snow storms, through your rains, through your hurricanes, and there is going to be more. We want you to be aware there's going to be more. Not to be disturbed. It is the being of Earth trying to bring a balance to things.

We wish to talk about the water element within your own being, the water element within your own selves. Realize that as the physical dense Earth tries to adjust the way the water flows and tries to clean the waters, so you, too, are being called to adjust the way the waters flow through your cells of your body. You are being called to adjust how the water element in you and the conscious part of water element dances in your system: water being the fluidity of your being, water being the nurturing of your being, water being the surging, the ever present aspect of your being -- for all the cells of your body are brought together through the fluidity of your being.

On the Earth plane, it looks as if the waters are flooding the Earth, through the snows, the storms, the floods. What is really happening is that Mother Earth is trying to move the water around, to try to find balance to it again. The channels of balance have been greatly disturbed. The wetlands have been disturbed. The land has been disturbed. The air has been

polluted. So, too, within your own dense physical body, it is important to look to see how you are allowing reservoirs of feelings, runoffs of intensities, currents of emotions to flow through your beings.

Part of the healing available for you now, and part of the calling for the healing as facilitators of consciousness, is to notice how the fluid water element of consciousness is moving through your systems. Is it moving? Is it dammed, or blocked, or stuck? As the water element on the Earth is attempting to balance herself, so, too, many of you are facing this within your own being. This is a very demanding calling at this time. Unless you are aware of what is going on, you could feel flooded. You could feel overrun. You could feel drowned in emotions, succumb with the rain of energy.

It is important to keep the deep places in the higher mind, the pools of consciousness, energized and clean and to keep only your own consciousness deep within you. Let any thought forms or any belief systems or any energy forms that you absorb from other's consciousness move away from you, so that the deep well of consciousness within your psyche is balanced and is available to provide balance for you. If you do not do this and you bombard yourself with consciousness and beliefs from others, the waters of your psyche flood through you, causing disruptions in your emotions and your body.

This is so important! Because, if you can balance the water element of consciousness within your own self, you will then automatically help Mother Earth balance her water consciousness.

We hear confusion in many of you. What is this about? You need to remember that when you came to the Earth plane to experience the third dimensional Earth plane existence, you agreed to a partnership between your body of expression, your dense physical body, and the Earth plane's body of expression, the physical earth. What is affected in physical earth, is affected in you. What is affected in you, is affected in physical earth. It is a partnership. We cannot stress this enough, that humans to come to understand this. Animals already do understand it.

You understand that on the higher light level your thoughts affect the light consciousness of that plane. You tend to understand also that visions that you have affect the collective unconsciousness of Earth. Yet it is difficult for you to grasp and really, truly own at an action level inside of yourself, that what you experience in your third dimensional body, your elemental body, gets reflected in the elemental body of Earth. It is a partnership. Let us repeat: it is a partnership.

There are beings on the earth, medicine people and healers who understand this, who can conjure up wind, and rain, and fire and Earth movements by their very focus of will. So can you, by the very focus of energy within you, but that is more advanced. We are not going to stress that. We are stressing that your consciousness of the water element within you is important at this time.

For some of you, the flooding that you are receiving lately of your emotions has been disturbing your water element self. Are you aware of that? When your emotions are surging through, flooding you, you need to check the water element of your being. It is very important that you work with your kidneys, that you work with your blood system, your plasma, to keep things moving in an unblocked way. You can visualize it. You can work with the chakra for the kidneys, and you can look at the meridians for the kidneys. You can make sure that you breathe enough to keep the blood moving and drink more water. Go to the ocean and kick around in the water, or move around in the bath tub, or dance in the rain. Remind yourself that the water element of the earth can support you at this time, or you can block it. It's a choice.

For others of you, your psyche has been running around like a little tornado. We feel like your mind has been spinning but it is important to understand now that it is affecting how the fluids are moving through your system. It is not just affecting your thoughts. You know how when a tornado comes into an area, all the waters start to surge in that area and move faster? So, as your mind is spinning around, the fluidness of your being is spinning. Your conscious feelings are spinning. Everything is surging, creating quite a whirl pool. We feel as if you need to ground this energy in some way, so that you don't get spun off course. Are you touching the Earth enough? Do you have your hands in dirt at all? It would help even if you got some plants and repotted them. It feels like you need to have the energy move into the Earth, instead of moving into you. Your mind is spinning so fast and everything is spinning faster, that your self is getting a little seasick inside. You need to touch the Earth and envision that energy, that whirlpool energy, going into the soil and balancing itself. You need a kinetic balance. Whether it's gardening or moving rocks and mortar. There is no way for your mind to be less active. You have been discovering ways to integrate your mind and body more and more, have you not? The positiveness of that is that your thoughts are getting clearer action. The challenge of it is that your thoughts are sharing their spin with the rest of your body. Swimming will help, yes, as will moving around in the water, moving around in the Earth, finding a way for this spin to have a channel out. Going barefoot on the Earth also helps.

Each time you jump into another level of integration, there is a challenge. You need to remember that. When you integrate any aspect of your being with your body more, you need to ask, "How is this consciousness now affecting the elemental body?" When you move into acknowledging your feelings more, the dreams, the longings, the fiery hot part of you, it's going to affect the elemental body. That's true for everyone, so we hope everyone was listening.

For still others of you, you have been allowing your feelings to be more on the surface, and for you to say your feelings more, it is almost as if you are conjuring up all your energy to do that. A part of you feels parched, as if you don't have enough fluidity. You are using almost all your fluidity to do that. You need to bring in some of the water element . . . now the water element is actual water, it's emotions, it's consciousness, it's fluidity of movement. You need to bring more of the water element back to yourself. Rub fluids on yourself. You are parched and need nurturing. Use crystal water (overnight crystals in water) or water that has been blessed.

Some of you are dealing with polarities: desert and river within you. Heal in the desert; feelings aren't there. You move into this still, non-personal place to heal. The surging river, the intensity of emotions, desires, longings, all the water element needs to find an outlet in you. There are a lot of emotions in you that are not going anywhere, and they are building up in intensity. They are hitting upon the cells of your body, like white water against rocks. Even if it's a journal, a song, or something, you need your emotions to go somewhere. You are being pounded inside. You know in your life where the emotions are not moving. You need to find another outlet for them, some sort of creative act. You need to bring a higher purpose to your emotions, like the higher body of water. There is a situation in your life where a lot of things are blocked. The situation is not changing, but the feelings are getting more intense. You need to take those feelings and do something with them, whether it's to drum, dance, write poetry, or go somewhere. You need to claim the right to have the feelings move to expression and therefore dissolve into a more peaceful consciousness. We don't feel that you are going to take this pounding forever.

For a few of you: are you aware that your legs have been blocked lately? We didn't think you would. So much is happening in your consciousness, so much is moving in your life. We feel as if, we don't mean to be this dramatic, but your legs appear almost as cinder blocks to us. They are not moving energetically. Unless you start to get the fluid aspect of your body moving through your legs, you are going to start to feel flooded. As the energy keeps increasing, it needs to go down. Otherwise, it is going to flood back up. In order to ground the energy that you've opened on other levels, you need somehow to let all the tension that

you carry in your legs move down. This is old tension, tension from when you were a child and you had to stand still and behave, and that message is still blocked in your legs. Understand? The energy needs to be projected down the middle of your legs, like opening a tube. Keep moving them physically, but this is inner movement that we are speaking of. Try to catch the thought forms that keep the legs blocked. When you are working on it, try to hear the thoughts that don't let you concentrate on healing it. You will know how to work with the thought forms when they come up.

And so, humans are learning that they are not just visiting the earth but are expressing their light self in a body that is an aspect of the earth's body. Each of you is in unity with the fluids of the earth body. She moves you and you move her. She nourishes you and you nourish. Her health affects you and your health affects her. In paying homage to the water element and taking the time to love the external sources of water on the earth, the internal sources of water in your body and psyche, you take responsibility for being in a loving unity with earth. Only being in loving harmony with the earth can a conscious person ascend to higher levels of truth.