

[In this reading: Solar flares, sleep and stress, color to balance, world events, economies, subtle energies and the human form, stress management, pure intent and conscious living, US government and social changes]

Question 1: Joyce would like to know about the solar flares and how they affect the earth. Are they affecting humans as much as we have heard about? Can you fill us in on the effects of solar flares on human beings, especially the ones coming down the pike, because I know we are supposed to have a lot more in the next few years?

Light Beings: There have always been solar flares, but they have increased, and because the human body is becoming more sensitive to subtle energies of various kinds, it is going to be more difficult for the physical body to maintain equilibrium when there are things like solar flares hitting the earth and the bodies are taking these energies up but not knowing how to actually work with them because of the sensitivities that many now have access to. So that is why many are feeling when there are the heavier solar flares, why they are affecting each person in a much deeper way, a way that is creating some chaos in their thinking, creating some disturbances in the nervous system, and also creating a subtle energy field that is affecting the individual without them understanding what is happening.

And so, it is because of the vibrational shift in the human anatomy, in the human DNA that is creating the more sensitivity to these flares.

Q2: And emotional turmoil as well, is that true?

LBs: When it affects the nervous system, then that automatically triggers the emotional, the parasympathetic, the sympathetic, the entire system is affected. And when that happens, of course, there are different levels of hormonal changes, and that then affects the emotions.

Q3: It's affecting the sleep, like the vibrational change anyway?

LBs: Yes, there are many things that are affecting sleep. Solar flares are only one of the issues.

Q4: Because Joyce is asking again the sleep question, why are so many people now having problems regardless of what they are doing to counteract, or at least what she is being told to counteract it. For instance three nights this past week Joyce could not sleep and then two nights she has slept very deeply and she feels drugged when she awakes.

LBs: Yes. If she would try, when the solar flares are supposed to actually hit the planet, she would find that much like the astrological forces, there is a period before it hits, and after it hits, as well as the particular time that it is hitting. So it's not just when it actually is hitting the earth, but before and after, there are subtle energies that affect the human body. And then after that passes there is an almost like unplugging of energies, and that's when the deep sleep is felt because the nervous system is relaxing enough to allow, then, the sleep to transpire.

But as we say, there are many reasons why people are having such difficulty sleeping now. There is a much thinner veil between the third, fourth and fifth dimensions. And so, many times when one is finding themselves in more stress than usual – and that is not uncommon now because many are experiencing stress in areas they have not even recognized they are stressed in – it creates an inability to shut down during the sleep process when you normally would be able to cut off the vibrational energies that are coming in when you're sleeping, and you're able to go into a deeper sleep. That is not transpiring. You're not getting into that deep, what they call REM sleep. And even when you do, if you notice your dreams are not dreams that you've had before, they don't always relate to what you know. And even if you understand the dreams, or remember the dreams, they're not easy for you to interpret. They're much more convoluted and more difficult to understand. And that is because there is such information coming in that you're having difficulty sorting it out, even in your dream state, enough that you can make symbolic dreaming. And that's what has happened heretofore. When you dreamed it was symbolic many times, and you were able to interpret it because you understood the symbols, but that is no longer necessarily true. There's a much broader area that you're pulling information in from, from the 5th and 6th dimension, and so some of it will not correlate to what you know or what makes sense to you. And so you wake up very tired sometimes in the morning, or you wake up and you're not able to go back to sleep because of all of the information coming in at such a rapid pace, and you're not able to assimilate it or correlate it to what you know. And so it is much, much more difficult for one to shut the nervous system down and to be able to truly enjoy a normal sleep pattern.

Q5: So it wouldn't make any difference if people were working and sleeping on, let's say, a second shift, it would pretty much be the same?

LBs: It would be even worse because your normal circadian rhythm would be completely disavowed at that time also, and so it could very well create an illness because you would not be able to truly shut down the nervous system in any twenty four hour period. So those that work in a different time element are going to have an even more difficult time.

Q6: Is smoking something like marijuana beneficial in this respect because of the sleep necessity, and the nervous system being able to rest?

LBS: There are some who could benefit, but there are many that would have the reverse reaction. It would stimulate the nervous system in such a way that it would not necessarily relax, and so it would not be of benefit. So, perhaps, there could be some that it would be beneficial, just as there are some that can benefit from the relief of pain, but it does not work for everyone.

Q7: And, once again, colored cloths, used 7 at a time for 15 minutes are one way to help the nervous system relax?

LBS: That is correct. Color and sound are two of the best ways to naturally help the nervous system unwind, and for the entire body to then relax because it does affect all of your chakras, and it also affects the entire flow of the hormones in the system. And there is a certain amount of affect for the brain functions.

Q8: By flow of hormones do you mean the production and balance, timing of them?

LBS: Yes

Q9: So, again, 15 minutes a day might help for more than 15 minutes? It might help for 12 hours?

LBS: Again, that would depend on what your day was like. But, absolutely, it will help.

Q: Possibly before going to sleep.

LBS: Again, that is something that you, as individuals, would have to work out within your own being because some will respond and be able to relax and it will help them sleep, while others, it will stimulate.

Q10: Will the world-at-large, especially the Western economies, are they going to continue to have major financial chaos such as the debt crisis and stuff like that during the next 6 months or a year? Is there anything of consequence we need to be aware of, or would it matter to people like us, just average people?

LBs: There are going to be some huge pockets of upsets for several reasons. As you know there are many weak foundations for some of the larger corporations, bank institutions and other financial institutions. They're not solid and they have not followed a good business principle, and so you're going to see some chaos in that area.

But more than that there are going to be some.....as the conscious begins to change, and it is changing, you're going to see some almost of a revolution of the way people perceive things. And so there's going to be much more questioning of authority, of the medical world, of the government and its institutions that may be considered inter-fields. There's going to be many more questions about decisions made, about things like war. There's going to be a lot of groups that are going to say enough is enough in certain areas of the world, you're going to see some disruptions, huge disruptions because it's going to come to the forefront in the next year or so that there are ways, many ways, that the world could progress in a much different manner, one much more beneficial to the human being if certain aspects of both government and the corporate world did not have the powers that they have. And so you're going to see some real changes in the perception of these powers, and a lot of people that have until now stood back and made no waves in the present status quo are going to make determination to no longer be the quiet ones. So that is where the greatest chaos is going to happen in the near future. It is not just your financial institutions, but its going to spread throughout your medical system and your governments as well.

Q11: And it's going to come from outside the government?

LBs: Yes, you're going to find that there will be groups that are going to see better ways, as we say; the perception is going to change. And they will see better ways of doing things. And they will form an energy that will be able, then, to have a voice. It may take, perhaps, 10 years, but you will see some huge changes that will come about.

Q12: Is the United States going to have a very high rate of inflation, with the money supply ballooning like it is, in the next 3, 4, 5 years?

LBs: It depends on what you call a high rate, but it definitely is going to be a factor, but not necessarily as much as you are, perhaps, envisioning because there are certain controls that will be put into place and, also, you're going to see some real shifts in perception. The priorities are going to change and people are going to recognize that there are other ways of existing than just consuming for the sake of consuming. And that within itself will somewhat stop the inflationary measures.

Q13: I was talking about price inflation.

LBs: Yes, yes, but once you find that there is a more reasonable approach to consuming, to....

Q14: Government consumption?...Because inflation would be the result of the government's deficits. Will the consensus in congress and the presidency be such that they will actually control the deficits one of these days?

LBs: They are going to recognize, and again, this is going to come from this shift that they're going to see – the people that have put them in office- and they'll begin to recognize that there must be some decisions made.

Q15: Ok, so it's not hopeless then?

LBs: Not at this time. We are not saying it's going to be easy. There are still going to be some very difficult times for many.

Q16. Is there anything you would like to say to people in general, on the web?

LBs: This is a time when many are finding themselves in great stress either in having to make decisions they may not want to make or in finding themselves in a financial difficulty, or in a relationship that is no longer working, or a job that they find great dissatisfaction in. In many, many areas of their lives they are finding that they are in a state of disarray. And it is because they have ignored for many, many years the signs of these discontents, continuing on their paths as they have always done without recognizing that changes needed to be made because of the vibrational shifts, because of the increased energy in the nervous system, and the increased energies on the planet in general. And so, the stresses will continue to become greater and you are going to see many decide to leave. You're also going to see many relationships break up, businesses fail and other things of that nature develop for those that will not stop and take survey of where they are in both with their connection to spirit and their connection with their fellow beings.

We have spoken many times about the heart and the importance of coming from the heart when one is making decisions. No longer can one simply think through an issue and make a decision, but there must be a joint effort between the heart and the head. And if this does not happen you are going to see greater stresses and greater chaos in life because to maintain equilibrium in this particular time is going to require a balance of ego and soul more than in any incarnation.

Q17: Unclear, but concerns pure intent and its significance.

LBs:.....[unclear].....so it is going to require ethics in everything that is being done now. Because karma, as you call it, or the cause and effect, happens so quickly now, manifestation so easily to create, then it is so much more important to be discerning, to be very clear about ethics of any product or any relationship that is developed. Because if one does not have pure intent you are going to pick up those energies, perhaps without even realizing it, and in so doing, that is going to affect your own energetic field. So it is very important to be aware of who you are working with, doing business with, relating with, and making sure that your intent is pure and that you are conscious of those that you are involved with, where their energy is developing. So while it is important in choosing a modality, it is more important in how that modality developed, what's behind the purpose of that modality, in its inception. Who are the people that have developed it and what were their relationship to spirit and to mankind? Those are more important questions to ask than even what are the modalities themselves.

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