

Developing the Light Body

Over the years, I have been involved in several different group activities, pursuing meditation as well as refining the attunement process. These attunements were a result of that activity. Developing the Light Body is an ongoing process, and my journeys changed as my experience grew and my own Light Body developed. The process will vary from person to person. Some of the journeys included here are very personal and describe what I was experiencing. They are presented not as a model for what must happen in this process, but as examples of what might happen. The reader is encouraged to take his/her own journeys while reading these attunements, and allow his/her Light Body to develop and join the larger Light Body of the Brotherhood of Light.

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Forming a new brotherhood of Light

May 24, 1996 B

JANU: There is a tradition of service, group service, forming patterns of relationship and expression that you may want to consider understanding and taking advantage of. Everything you embark on, engage, need not be recreated anew. The Brotherhoods of Service and Light offer freely their support and understanding in the many patterns of success in this area. Attunement to, in love and harmony, these many brotherhoods will be an enriching experience and accelerate your effectiveness in your choices. See your service then, growing into a Brotherhood of Light through service, centered in unlimited love. A brotherhood in the Earth but not of it. You are welcome to join the many Brotherhoods of Light. Have the courage and the confidence to see yourselves in this way. In your time frame perspective this tradition has no beginning to point to and certainly has no end.

Welcome to the Brotherhoods of Light, dear ones. We rejoice in your birthing of this opportunity. The adventures are many, as are the needs for such service. Look deeply within your being. Find the depths of your heart, your knowingness, your identity and your connection with life. This experience of inner awakening will bring into being a knowingness identity that finds no fear and no doubt and no lack of confidence in life, in the Light and in your place in the Brotherhood of Oneness.

In many ways, dear ones, the adventure of living is only just begun. The beauty and the fullness of being you will come to know will radiate from your countenance and be a light of encouragement to many, just by your being near. The adventures, the missions, the involvements you will experience in your new brotherhood will be beyond anticipation and imagination. For the Brotherhoods of Light and the ONE in us all will reveal these to you. You will understand and experience the reality of uniqueness in the midst of oneness. You will have moments of expression as one being; yet individual integrity and self-determination coexists in this reality. They need no longer be seen as exclusive of each other in your life. The dear one who spoke last evening, the beloved Sitha, spoke well that all of the Light, all of the Brotherhood, is available to all of you directly. This is the nature of oneness. Can it be otherwise?

This is a glorious and wondrous opportunity. May it flourish and prosper and bear many children. There is no pressure or urgency to perform. All is accomplished centered in peace and harmony and mutual embrace, oneness and love for life and each other. Service is born from this reality, you see. Anything else must be called something else. The passion we speak of as motivator, as catalyst is not a passion of struggle, forced intensity, frustration, or anxiety. This is a passion whose nature is intimate, loving, allowing embrace with the patience and the understanding of eternity.

We welcome this opportunity to join with your brotherhood of Light and serve together to the glory and the ongoingness of life itself. We are your brothers holding the flame. Namaste all, dear ones. We are with you always.

Brotherhood of Light #2

May 27, 1996 B

JANU: Those among you beginning this journey will need support and encouragement, focusing, and confidence building experience, stability in the midst of change as the conscious connection improves and expands. There is, and will be, building a Light Body as a product of, generated by, this group consciousness. It will develop and carry on a

momentum seemingly of its own but always fed by this group, you see. The choice to align with the traditions of the Brotherhoods of Light will help stabilize and maintain integrity and purity in this Light Body. There will be many visitors from time to time to this growing reality for assistance, for guidance, to share in the adventure, and to gain experience. This Light Body and brotherhood development in your plane is not unique; however, carried to full potential is not that common either in your world.

In the beginning, the qualities needed are stability, commitment, even-mindedness or harmony in thought and emotion when relating to each other and to the chosen assignments of service. Each one remains in this Light Body, this common Light Body, even when traveling at distance. You all share a common Light Body. Remember the earlier remark or comment that you will experience being one body, yet at the same time unique in integrity and self-determination? One does not conflict with the other but gives purpose and maturity to each other.

These are the beginning experiences of the larger nature of life and the community of family of Light beings. You will come to understand and experience the scope of, the nature of, a Brotherhood of Light in harmony with the realities of life in the larger view. This does not mean the relinquishing of your connections in your world. This is in addition to growth in life and consciousness, in harmony. This means additional understandings and point of view to those already gained. As you grow in the reality of your own unlimited mind and consciousness, multiple awarenesses are possible and natural. But for now you are building a Light Body so that you may, when you choose to, operate as one being in harmony with the Light.

Brotherhood of Light #3

May 28, 1996 B

JANU: Yes, we are pleased, dear one, with this opportunity and its possibilities for this fledgling brotherhood, as you put it. It is on the doorstep of a grand adventure and comes at a propitious time in your world and in the larger universe as well, you see, for your adventures in growth and service are not unnoticed. This pattern of brotherhoods in your dimension, in other worlds, are of great interest and great possibility. It has been done before and is being done. But there are no guarantees in these free will realities, you see. These beginnings face challenges. But the patterns of success exist and can be drawn upon.

There are several others in your world at this time. They range from a few members to larger groups connected in consciousness if not physically in the same locale, you see. Moscow, though seemingly unlikely, is one. Another in Tibet and in Darjeeling, India. Another in the Yucatan, which is about to form. You will learn of these in time, as you mature, as you establish your foothold and Light Body reality.

This Light Body is the key for connection, you see. As it develops and your connection increases, you are aware of it all around you and ever present. Through this light body experience your conscious connectedness to all of life is enhanced, therefore enabling you to draw upon the benefits of these larger realities. You will be able to engage the Light Body of other groups and exist in them as well in perfect harmony and brotherhood. You find that in journeying from one to another you are already there. And your speaking or serving as one reality in your group can be enhanced and added to by this reality in another broadening your service, you see. So you see, the forming of your

group and your Light Body is only the beginning of the journey. Be steadfast, be consistent and gain greater clarity in your vision and sense the ongoingness of who you are in relation to the rest of life.

World service and world service groups

June 11, 1996

JANU: We hear this request and concern that can bring divisiveness into a group attempting union. This comes at a time when those in the group struggle with that the Masters overcame.

Union with the rest of life, dear ones, is a transcendent experience. When engaged in this way the needs of the individual, as you perceive it, become one with the rest of life. It is like your military. When joining, one is given the tools to succeed, the garments, the sustenance, the reimbursements, if you will. Part of the contract, for lack of a better term. You are not sent to the front, so to speak, without that necessary to complete the task. Life has an unlimited repository, arsenal of anything needed. The quest for individual prosperity and security is understood and responded to. But the lessons connected with this individual pursuit speak to the separation consciousness, the ego identity and are, for the most part, confined to that field of growth. The lessons and opportunities of the larger life are held in abeyance to a greater degree.

This is your choice, dear ones. You are loved the same, no matter the choice. World service then is for those who understand and embrace in their identity a world concern. They feel this, they are in touch with this reality and realize that their identification with the concerns of personal needs is no longer the same. They are a component in the perception and no longer dominate the motivation.

World service term then begins to take on a larger meaning. World, then, meaning universal identification and connection. For this world of yours is not separate from the universal dynamics of living. Its connection is already there, you see. What we are looking at here is the maturing of consciousness into true identity. For identity in this way is not limited to philosophy and concept but includes direct involvement and engagement. This shift in identity is a giant step for many but understand, dear ones, it is only the beginning step that opens the door to so many more. The merging of your life awareness with the rest of life is your true reality and gives purpose for, in a larger way, the needs of the individual.

Choose wisely your support system. The individual choice for the personal path of manifestation is supported by life as well but there are constraints by the nature of your choice and life honors these. Know your path and own your choices. Your successes in personal pursuit of manifestation can be an inspiration to others so inclined and open the doors of possibility, possibly for the first time in their lives. For some, the genuine shift is possible through freedom of consciousness from individual to universal pursuit. For others, this is not at this time. Honor each other's choices. Support in every way possible. Even though there may be more than one group of servers with different visions, let there be mutual support. There is much to learn from each other. Growth opportunity while pursuing your own personal vision is the ability to see yours and the visions of others blend into, form a picture of, a larger vision, you see.

All opportunities for service in life are not identical. Be true to your understanding. There is no discourse or dialogue from this source that will suggest do this

or do that. The discourse that matters, dear ones, is from your heart, your desire. Understand that discourse clearly and follow it as you choose. A vision of service offered by another, even if accepted and rings true in you, it does so because the vision in some harmonious form was already there.

Some might perceive that personal manifestation offers results that are more immediate and direct. The truth is, dear ones, universal service is as well. Be loving of each other in your quest for resolution in this area. Be at peace about your choices and proceed to their fulfillment.

We leave you with your freedom to choose. Namaste, dear ones. We are the Brotherhood of Light holding you in the light of your truth.

The Development of the Light Body

Aug. 2, 1996

JANU: There is a host of those who gather about to observe and view the progress thus far in this, so-called, foundation laying, and to see if their areas of service or activity dovetail or seem to dovetail into what is being built. The growth of an individual or group does not go unnoticed. For life is vitally aware of all opportunities for expression and expansion. You can see even now, then, as you gather your awareness of that built to this point that the scope or size, if you will, of this gathering has grown. You can experience the collective scope of it.

There will be those who assist in this development from time to time bringing their particular perspective or specialty. For, you see, in the spirit and reality of oneness even your growth in consciousness and Light Body development is a joint effort or product of collective consciousness. In time you may choose to help others in this way.

All involved have the opportunity to grow together. This blending of individual and collective Light Bodies builds a momentum of development that makes suitable the merging with larger Light Body systems or realities, you see. As you become aware of and embrace your Light Body reality, be sensitive to its natural quality of connection with various aspects of life. It is a vehicle of interface with or connection with common or harmonious vibratory patterns.

Let us journey then and observe this Light Body reality in various stages of manifestation and operation. We can see from the perspective of observer that these realities are in many various stages of development. Some ancient beyond time reckoning and others about to blossom, buds so to speak, of light focus. What is the environment, then, that gives birth to this budding of a Light Body? It is from the densities of the living, that touch or embrace of the soul quickened by opportunities of others responded to successfully. There is a code within the life essence of an individual that is a program that is responsive to aspects of choices in living or creating in the life, acting as triggering. These Light Body buddings, then, provide unique opportunity for qualities of embrace or service with life realities because of the life anchoring in your dimension, you see.

These buds of potential Light Bodies live in a field of nurturing environment called, by some, the Hand or Breath of God. Yes, some even refer to this as the Holy Spirit through which connection to all life is maintained regardless of the journey, you see. This nurturing field, then, supports this coming out, so to speak. Even though these developments are unique expressions, our field holds the pattern of the realization or

support of the pattern of return. It does not shape or guide the development of this Light Body as such but supports it.

Light Bodies, then, serve as interface connection with realities that is acceptable across dimensions. It is a body of light with the qualities that others of light attune to, recognize and interface with. There are Light Bodies of such proportion it is difficult to describe their magnitude. From your point of view they can appear more and more transparent as they evolve, as their range or scope of reality and connection with life expands. But they are there just the same. And so you are Light Bodies within Light Bodies within Light Bodies.

For some, Light Body expansion can result in a growth in the girth of the physical body. There is a corresponding connection with all of the bodies of all individual. Some may choose to manage this situation. There are genetic predispositions to this and other factors that can play a role. Not to be looking to this relationship as the only cause of change in physical body size. To some degree the physical nutritional support is offset by the flow of life energy through the system making possible a decrease in dependence on foods as you term them. We do not suggest a radical departure from your normal lifestyle but a sensitivity to these possibilities.

Other changes will take place as to varying degrees depending on the individual such as increased mental acuity, alertness and sharpness, healing responses in the body, the capacity to deal successfully with old patterns, transmutation resolution, the balancing of systems in and around the body physical, alignment of structures of being, a growing synergism of cooperation throughout the vehicles of expression. The peace realized in the depths of being begins to outpicture and manifest throughout the system, you see. This growing reality, then, becomes a catalyst for change in others even on a subconscious or unconscious level, you see.

One's journeys or paths may bring them to other realities, other worlds as such a catalyst for the budding, the coming out and the changes in others. Life will change for you. It is wise to expect some change and let go of some old patterns of identification. In the ladder analogy of raising of consciousness, one must let go of a previous rung to move up to the new. However, realize that in the larger reality you are in fact the entire ladder. So, in a point of view, you are raising consciousness within the universe that is you. So nothing is lost and everything is gained.

We have extended this reach enough at this time for consideration and assimilation. There is no need for haste or rushing headlong in this direction. Let the unfolding be natural in its order. Many have proceeded before you. The awakening process is well known and we observe yours with understanding and attention. It is well to continue building as we have. So explore the Light Body you have built so far. Be sensitive to its reality and its growing connections with life and we shall explore further at another time. Namaste, brother, and good afternoon.

Reaffirming the circle of light or Light Body in group service

February 6, 1998

JANU: We would counsel at this time that there is the need for reaffirming or renewing the circle of light bond or Light Body, as has been described earlier, for this group. This needs be, from time to time, re-established or reaffirmed from the human perspective. Not always seen, then, or appreciated by everyone in the group, you see. Along with this

reaffirming, the attention is drawn by those in the Light committed to the fields of service by your commitment, you see, and the expansion and intensity of this Light Body. These elements, or brothers, of service respond to your intent and demonstration of commitment and follow through but do not create it for you, you see. For life to respond in kind to your vision and your dream, you must demonstrate it. This is your power and your reward. For more light in your life, and in your gathering, and in your service, and in your union one with another, be that light. Whether you find immediate gratification in the form of support from others or not, that is your commitment, dear ones.

What we do in the larger life is merge and support each other's commitments, each other's contributions to life. Without contribution, what is there to support? Utilize all your established resources in this. Let none be forgotten or left in disuse. Reaffirm these resources. Bring your talents to the table, if you will. Life and its power and its beauty and its wisdom has not left you. It still has the same purpose, the same mission. You have softened somewhat in your awareness of it. One attracts that which one loves, without requiring proof of its presence or its love. Love always comes, dear one, but not for proof, but because it is its nature.

There are timeless legions of service who continue in their way with no requirement for proof of their effectiveness for a reward from that served. They serve because it is their joy and their nature. And they understand the process of the progression of life. Their joy is the understanding that life needs what they offer. And life, dear one, needs what you can offer. And life never forsakes those who serve, no matter the form or the venue. We stand with you, at your sides, as you reach for your truth. Consecrate your meeting place as holy ground. Affirm you are priests of service in the Light, not separate from your brethren, but those who serve the light in others. Namaste, dear ones, and be encouraged.

Consciousness, stability, centering and focus through commitment, discipline and deep motivation

August 17, 1998 A P

JANU: We have before us this morning an opportunity to pursue that which you have requested, being acclimation to configuration for acceptance into the Brotherhood of Light network or field of endeavor.

What we see here at this time is the need for a more compelling presentation of Light Body development, consciousness centering and focus, and stability. Self generated in the sense of personal commitment and discipline and deep motivation. We have come a distance in this direction but need to continue the pursuit. We will assist, of course, but the ownership of the process and result remains with you. Let us continue to take these opportunities to develop the Light Body presence and the true centering. This must continue in the presence of the challenges and fascinations of the journey taken. Let us continue with this at frequent intervals until sufficient ground is gained where we can move past this preparatory stage.

True Being involvement, alignment and integration

August 18, 1998 A P

JANU: Taking a moment to reflect to you the nature of our progress thus far, as we examine the Light Body at this time, it has expanded ten to twenty percent, if you will, and increased its density of its nature two fold. Pay particular attention to the insights that follow in the area of true being involvement, alignment, and integration. You are correct that awareness levels will sharpen and increase as this body develops. We are taking this aspect of your being beyond a number of thresholds yet experienced by you in your current sojourn. We have much to accomplish in the future and these thresholds will need to be mastered. Take comfort and solace in the reality that these thresholds and this process are natural but must be achieved in a controlled way so as not to injure the integrity of the vehicles, their alignment, and their vitality. We will proceed in this way for some time to come. Be not impatient and enter into the timelessness of the realms to be mastered.

Thank you, our brother, for your attention on this matter. All is proceeding quite nicely. Until we meet again on this adventure. Namaste.

Engaging the collective reality of the True Being

August 22, 1998 A P

JANU: Let us begin a dialogue engaging, if you will, the summary matter of allegiance to this collective reality of the true being. There is some confusion in your mind as to the relationship of your particular focus of consciousness to these many other elements of consciousness that is stated to be the collective reality of your being. Your allegiance, dear one, is to the truth. And the truth sets one free from confusion and diversions that result.

What, then, is the truth of the totality of your being? The truth is, there is diversity of life and expression and consciousness that is who you are when aligned with that which unites them all. How then does one acknowledge and embrace the diversity of their nature and not seem fragmented? This is accomplished by achieving the freedom to embrace the diversity of your true being as if it were your own. And this same perspective applies to the rest of your true nature. You will find, as you proceed and progress into the truth of this reality, you will embrace and merge with many capabilities, focuses of understanding, command of relationships with life and engagements, and your position in the scheme of things will be enhanced. Many who are centered in individuality that does not include the many elements of their true nature do not easily embrace this understanding. From the larger perspective, separation identity of the common experience is more of a fragmentation of the true nature.

There is much to be understood here and we will see that this takes place. This is a movement into a more complete understanding of the range and depth of diversity of that you are. We will explore through these opportunities this understanding. Let your attention dwell on this in a gentle and comfortable way. We are mindful of the queries and the confusions.

Sananda comments about the Light Body

November 16, 1998 A

JANU: May we conclude that together there will be accomplished a movement in this direction sought this morning, that being the development of the Light Body, culminating in initiation into our next significant venue for journeying.

Now then, may we proceed with such preparation at this time. We call or beckon into our journey the presence of the great and beloved Sananda, who exemplifies in your world and its history the developed Light Body. We now engage and merge with that supreme Light Being and master of the nature of this morning's journey.

SANANDA: I am Sananda once more, acknowledging our communication and our previous encounters. May we proceed at this time, your preparation for the journey described by our brother Janu, who eloquently guides your path into that which lies before you. And that which lies before you, dear one, is entered through the doorway of the Light Body. This development in my path made possible my journey of service to the world. It is as the grace and blessing of life. It surrounds you and fills you and is the clarity needed to engage life in an ever expanding way. I have many suitors who have yet to embrace this truth. And you are correct, this is a joyous opportunity.

I exist in a family of Light Beings who have found and accepted this natural existence in Light. The Light Body of which we speak is your vehicle and aspect of your true being that lights your way and illuminates your path and your consciousness. It reveals the truth of life to you, and, yes, that includes all you meet. The Light Body, when fully developed, is a blessing for others, for it acts as a catalyst and energizer, an uplift for those it engages. When a chord is struck in consciousness or in a musical instrument, for example, a sympathetic response is struck in anything within its domain whose nature is in harmony with it. This is how your Light Body can be a blessing for others. We of the so-called Ascended Ones understand this and have always reached to our brethren in humanity to strike that chord.

The time of spiritual ignorance is drawing to a close and there is needed many such as yourself willing to embark upon this journey. So join with us in striking that chord for the life of your world on its march into freedom. We watch with favor and support this development, this journey you take. Welcome, brother, into the light of being. And I strike that chord in you, even as we speak.

JANU: So you see, dear one, the larger truth of the Light Body is that which receives and gives the chord of freedom. What an interesting journey it is from isolated individuality into collective oneness in the symphony of life. We will proceed with this again. Namaste, our brother.

A dynamic reality

December 7, 1998 A

JANU: The Light Body, then, is situated in configuration or aspect that best accommodates the facilitating of the interests and desires of the fuller and truer nature of your being. Its alignments with your true nature are a product of its being created by that which it serves.

Let us, for a moment now, manifest through the power of precipitation an enhancement of your current light vehicle. We do this by bringing to your attention and

focus certain elements of consciousness of creative intent for this purpose. Let us begin, then, with the intent of being more fully a loving nature that sings through resonance and harmony a life note or chord that connects with all of life around you. You become, in this sense, a part of the so-called "music of the spheres." The Light Body is the great vehicle of communication, of connection. It is a vehicle that receives and gives that received at the same time.

Light does not limit access to its nature, and neither does your Light Body, dear one. But access must be of like kind. The blessing to those who touch the hem of the garment of the enlightened one do so because their nature that is light is nourished. The Light Body, as it develops, in turn is nourished by the light of the rest of life.

The Light Body is a living, active and flowing reality that moves with life's motion. It is a dynamic, more than a static, reality. It is, in fact, a created reality that is catalyst for ongoingness of life. It can strengthen the link of the true nature of another into the human personality and vehicle, as it does for you, dear one. In time, your Light Body and your consciousness merge so completely in character, in pattern, in vitality, that they act as one and your identity focus becomes this. This is the path to ascension, dear one. Grow in your understanding of this, for you truly are light.

Understanding Light Body functions

Jan. 4, 1999 A

JANU: We will examine at this time the functional capability of developing the Light Body. It transcends time and space and brings to the forefront of your experience the natural interest of your true nature in exploring life.

The Light Body is freedom to touch, to reach, to engage, to exchange blessings one with another, to facilitate spiritual intimacy, and to co-create in a new way on a new level. Cooperative, joint co-creation is a reality that extends your understanding. Your Light Body development reveals to others the fullness of your embrace, of your true nature. A realized being radiates their realization in this way.

The size of a Light Body is a relative term, for that which transcends time and space is a universal presence. However, the scope of Light Body influence with the rest of life is a function of the area and scope of interest of your inquiry. For some, the Light Body is a thing to be achieved. For others, it is their natural estate. The Light Body reveals the protocols of life engagement, the boundaries of harmony and honors them all. The Light Body is not a separate thing from your consciousness but an extension of it; therefore, it is infinitely adaptable to any situation. The Light body is a body, as is your physical, gross matter body. They are vehicles of expression and engagement of life, each its own affinity. The Light Body terminates according to the free expression of the true being--and by "termination" we mean its measured influence in the scheme of life. In time, your experience of Light Body engagement with life will be much like your arm and hand is an extension of your reach of interest and connection. An automatic response that gives feedback, the pathway simultaneously of expression and sense. And there is response to that which is touched and known.

Chakra alignment to include other patterns of life

Jan. 15, 1999 A

JANU: Once again, we assume the configuration needed for such, that being the harmonious integration, activation, and alignment of the energy centers, chakra if you will. This being partially accomplished at this point, needing further adjustment. Let us accomplish this at this time. That is correct. Alignments of, to significant degree, bring a very noticeable increase in the presence of the Light moving through the vehicles.

Now understand this, dear one, that the alignments of the energy centers, one with another, is not just alignment with each other but alignment with the patterns of life. These patterns extend through you and around you, as far as the universe reaches. You are aligning with and integrating with the universe itself, for these vehicles and energy centers have their counterpart connections with the many realities of life. Now you understand the purpose, the power, and in time the function of such alignment. You will grow in your awareness and experience of alignment with the universal patterns of life. Even the Light Body of your development exists within the collective Light Body of all creation. And the equivalent Light Body of that which your universe is born.

Now then, let's configure alignment in this larger way. That is correct. You begin to feel and experience the merging with the rest of life, as it should be, for Light Bodies, dear one, in truth are common ground for engaging the understanding, the reality of any part of life. When another is engaged in this manner, it is far more natural to communicate directly with their true nature, their conscience, and their true life patterns. We will practice this together in due course and gain this experience. Through these journeys, exercises if you will, you will begin to increase the perspective of moving and having your being as light. This is your true estate, dear one. This is who you are.

Now, the Light Body patterns of other beings carry their signature of their reality, of their collective being, and therefore there is uniqueness among them. Remember, as described earlier, the recognition of another Light Body presence is not so much shape and size and boundaries, but quality of presence, based on the outreach of interest and its scope of another consciousness. You will notice, as you are beginning to at this time, the overlapping interplays of many Light Bodies simultaneously coexisting. Your interest and the scope of it focuses your attention and connection with anyone or any group. You are learning the ways of Light Being.

Experiencing the True Nature

Mar. 17, 1999 B

JANU: The Light Body continues to develop as we have encouraged. As each step is made in this development, the achievement contributes to the acceleration of the process, and the process is accelerating.

The Light Body gains ground in its development when there is the commitment to and the embrace of its reality. The growing presence of the true being in the life is integral. There will come a time when a shift in identity and perspective to the larger reality of your being will be more complete. Know that there is more involved here than just a shift in an identity, but that which comes with it: enhanced understanding and perception; enhanced capacities to command life in a more precise way; a capacity to transcend third dimensional limitations, or we should say, some of the boundaries established for the third dimensional experience; and the most rewarding of all, the

intimacy of connection and exchange with all of the elements of life selectively and mutually rewarding.

Let us spend some time today experiencing this transition. We proceed at this time.

That is correct. The use for visualization here is not so much the lowering of the true being presence into the physical, but more the expanding of its influence and presence within all the vehicles. Let this be one of the alignments referred to earlier.

As this occurs more and more fully, the phenomenon of aging in your world relinquishes its grasp upon the vehicles, for the vehicles are now in synchronicity with the motion of life, of the true nature. Allow the vehicles, including the physical body, to repattern themselves as their true nature. Now, as this unfolds, the vehicles return to what they have in common, the common reference for their existence, and their purpose, for an individual's purpose in this life was never separate from that of their true nature.

Yes, that's it. Allow this to proceed. The experience of unity of being will become clearer, no longer the fragments. Needless to say, this experience changes one's life rather completely, therefore the need for preparation to engage that which requires, by its own nature, a shift.

That is sufficient for this afternoon, my brother. Rest now in the presence of your true nature and the awakened vehicles to its presence.

A journey with the Earth

Dec. 21, 1999 A

JANU: We proceed at this time, beckoned to do so, in the vein of accommodation or acclimation to the experience of enhancement of the Light Body reality to the unaccustomed ego-personality. Such change compels one to bring to bear the core faith and memory of one's true nature, for the Light Body, most assuredly, awakens the entire being to its true nature. Those who have made the transition of your knowingness from the physical embodiment to spirit realm consciously and by their own initiative do so by way of their conscious relationship with their Light Body. Well developed, you see. And this becomes the vehicle of their journey. Now then, this does not suggest that one must leave the physical to journey in the Light Body, for you will do so even at this time, exploring one of the many rewards for such development. Let us journey then, together, into understanding and direct experience, as we move across the face of your world in this magnificent vehicle.

We do so now, journeying east from your location, and you see faces of people in India and the temples that have been erected, reaching for the truth, and those that are in ruin.

Move now further north, past Pakistan to the Urals, past the tundra to the Arctic. And there we pause and, centered above the North Pole of rotation, and experience the stillness found only in one other location on the Earth's surface. Here, the magnetic anomalies of Earth's motion are at a minimum and one can hear more clearly the messages of the stars and other realities. Here is the ideal location to connect with the Earth's Light Body. For, understand this, dear one, consciousness in your world can travel in the same way you have just demonstrated, and does so at a moment's notice. The journeys of a world in its Light Body are magnificent to behold and there will come

a time when the consciousness of humanity has achieved this understanding and journeys with the world of its existence.

We await such an invitation and it will come, on our journeys. And the invitation has been granted, as you can see, for we have visited another world as the world on which you live. And this world has ancient as well as young life. And your world learns of this world's experience, the development of consciousness of its species and itself. For your Earth is hungry at this time for this knowledge to engage successfully that which is to come. The longings, you see, are similar to Earth's through the steel blue and violet cast mountains, free of vegetation.

We would leave this for now, the Earth in its communication with another. Return in your own Light Body along the corridor created by your world, entering at the North Pole, and now to your current location. We thank you, our brother, for this opportunity to journey.

The Light Bodies of other species

April 4, 2000 A

JANU: For this morning's journey, may we visit, from time to time, a few of the variations on this theme that exist around your world and in it.

For the animal kingdom, then, the Light Bodies exist in a collective pool, from one perspective, and within that pool, individual contributions, due to the journeys of each species and each creature. We would have you know at this time, Light Body development among these constitutes a reversal of the patterns of those seeking to understand nature and its complexities. For without these Light Body developments in this kingdom of nature, there would not be the interplay of communication and knowingness that exists at this time. You speak with great fondness of the dolphins and their intelligence and intuitive knowingness. This is due in large measure to their sophistication, their refinement in Light Body development. They are not the only ones.

There are those ancient species and those of recent configuration that are exceeding in some ways the development of the human Light Body for a great many. For their lives are more instinctual and in harmony with the rhythms and patterns of nature and life, and not consumed with materiality and possession and false power. Their Light Body development brings about patterns of moving to the next stages of life, which is worthy of prolonged study, you see. The animal bodies of these are gaining prolonged life, and the meek shall indeed inherit the Earth, for they are at one with it and the life that spawns them.

Humanity is changing, make no doubt on this, and for some it will be difficult for they hang on dearly to old concepts and illusions as to the nature of their existence and life itself. Light Body development can be an automatic process, as demonstrated by the kingdoms of nature. It varies with sophistications of awareness. And it can be by intent, by the one who is clear enough to live in that way. The subject of our journeys in this area is in the clearing of which we speak. Once more, humanity becoming an integrated leader for the kingdoms of nature in this area as well.

The Light Body experience allows communication connection with other forms and patterns of life in a way that allows an intimacy and respect and support that honors all life. The Light Body redeems you for its development, speaks clearly of your awakening and your enlightenment and your service to life. Let us move forward then

with this series, with these truths in mind and a clearer purpose and sense of responsibility.

A Nameless One, in harmony with a part of my True Nature, assists with Light Body development

Oct. 9, 2000 B

JANU: We have this afternoon before us an entity known to have become one with a divine essence within your true nature, that being the loving reality you refer to as "your enquiring mind and heart." To know the truth of this, one must proceed delicately balanced between the needs of the day and the journey of your truth, your true nature. This one who comes at this time, so attuned, as requested by you for this Light Body development, will proceed at this time to engage with you this development. The one who presents is without name but not without identity, you see.

NAMELESS ONE: To proceed, then, with the Light Body let us now engage the finer elements of the foundation for this. A central thread or theme for this is the element that can be called "patience." To say "patience is a virtue," in your tradition of speech, is a truth, for only in patience is peace found and the harmony of knowing the course and destiny of all that makes up life. Your Light Body development is no different. We would have you know this. There comes a time, to each one, that the quest for awakening must be refined through the enhancement of the virtue of peace. By "peace" it is meant that one allows rather than struggles for their desire, their natural desire. The quickening of the Light Body is accomplished through this understanding. Impatience is the grand destroyer of true destiny. Many times in your past, and even to this day, impatience reigns, to one degree or another. When one is guided with knowingness to proceed on their path, with full engagement, this does not suggest to employ haste.

So then, as to the matter at hand, let us embrace this thread of peace and acknowledge it as part of the Light Body. (Pause)

The so-called 'secrets of life' have always been available to one who exhibits a measure of the quality of the reality of that sought. This is the key to awakening and it will add depth and fullness to all of your understandings. We thank you, brother, for this moment together.

The harmonious matrix

Feb. 26, 2001 B

JANU: Today's journey speaks to an aspect of the Light Body that brings to its existence the compelling nature of the harmony structures inherent in all creation. This element of the Light Body has key to its existence and understanding of the nature of life that resonates with the primordial fire that began it all. To touch this element of the Light Body is to master its true nature. To understand the Light Body, the intended purpose for its existence, and its destiny in a life of the individual and of worlds and of universes, one must develop the Light Body along the lines of its own nature. The Light Body supports the crystalline structure of life and of thought, for its own true nature resonates in this way of harmonious matrix of unique but interdependent facets and is, in itself, crystalline in nature and its ordered life or existence. The Light Body duplicates itself from time to time under the auspices of the co-director of your life, namely the true nature. Each Light

Body brings to that authority resonances of the journeys they have taken and are taking. The Light Body is a complex structure of these resonances which are the patterns of thought communication, life rejuvenation, and synergisms that ripple as waves through life. The Light body is an active, vital, and vibrant reality. It grows as your experiences and your consciousness grow. It brings about changes in the order of your life by virtue of its developing resonances and ever increasing complexity of harmonics, of overtones. When engaged consciously by the journeyer, the Light Body responds by attuning itself to the consciousness that has the clarity to hear and understand its language.

We attune at this time for a moment of understanding to your own Light Body that has developed some peak resonances that would benefit from absorption into the collective memory.

Enhancing the synaptic function within and between the bodies Mar. 23, 2001 C

JANU: Developing this vehicle of Light rests primarily with the individual developer. Peace then plays its role in these upcoming stages, for without the structure of peace various forces find themselves in competition, therefore reducing their contribution. Let us continue then with this development, this exercise, by producing the element of change into the synaptic function within each of the vehicles, for there is a path of communication between the vehicles that must be enhanced to gain further access to the manipulations of these forces bringing about a greater density in the light produced in the Light Body, you see.

Let us concentrate, then, for today's journey on enhancing these synaptic functions within and between each of the vehicles of your current expression. We do this by combining certain elements of the forces of life, bringing about a change in the modality of your vehicles. We do so at this time. (pause)

Understanding its colors

April 3, 2001 B

JANU: Let us dwell then for a moment in this new found peace, enabling, then, a resource for discovery of that which is to come in the developing of the Light Body. This resource is like a candling to the veil of separation. Let us cast this light, then, upon the reality of your developing Light Body and see what we shall see.

The Light vehicle then being crimson and other various hues exhibiting the conditioning then for various manifestations of this vehicle. The crimson hue brings to bear flight and momentum. The purple or violet hue brings stability and duration. An orange hue brings practicalities. A green hue promotes restructuring. A gold hue brings clarity and refinement. A light blue hue brings freedom and enrichment.

With these variations, and others, there will become a pronounced activity, leading to better control or management and ordered journeying. There are other configurations that lead to a merging or communication with other Light Bodies. All of life exhibits a Light Body of one nature or another. And this method of communication is a refinement well beyond your verbal form.

Let us now, then, embrace this understanding through the reality of your Light Body. As you can see, the color or vibrational changes are one with the intent or desire

that the Light Body enables or serves simultaneously. Acknowledging its existence, vitality, and capacity brings an intimacy, allowing instantaneous response to your desire.

There is a blending, then, of unique configurations, achieving a harmony, bringing waves of light, revealing awareness that communicates.

The conjoining of Light Bodies

July 2, 2001 A

JANU: We have before us this afternoon the subject at hand being the Development of the Light Body, and truly this is an art, in the sense of the creation of beauty with function and purpose. We shall arm ourselves, this afternoon, with the prevailing understanding as to the conjoining of Light Bodies, not limited to human to human, for there are other recipes and examples, if you will, of this achievement not only between species but among all elements of life. The formula for success here has to do with the willingness to accommodate that needed for the refinements and anomalies of your Light vehicle to persuade or inspire a corresponding light presence to become aware and accommodate your own.

To do this, one must example the intent in the Light vehicle. There is an automatic coupling mechanism that would engage an opportunity to proceed with mutual nourishment of the cooperating vehicles involved in this connection, you see, for the Light patterns of one will accommodate the Light patterns of another and together they form a bridge between the two, or three, or more. This bridge, then, represents a pathway of communication, meaning shared understanding, that will reveal those steps needed for further enhancement, you see. For the communication begins and that which is served serves and the amplification begins. For those who connect with other perceptions, there is a tone, a vibration, that initially appears as a single theme or vibration. When connection is made, it expands in complexity, in timbre, in depth, in scope, and takes on the tonal hue of a complete consciousness, rich with understanding and presence. For others, the initial connection will be colors or light hues of varying intensity and form and movement.

These bridging realities vary according to the patterns that are the most natural or familiar to these joining Light Bodies. You can practice this at your leisure with your mates and friends, sharing mutual intent and loving concern, one for another. This is a healthy and stable environment to begin success. We caution slightly that one must assume a certain degree of brevity in relation to these adventures, for there exists many such possibilities of bridging that will yield some confusion due to lack of preparation for touching life in this way. Let your motivation be guided by that which occurs to you by your own intuition, centered in a loving heart, you see. But proceed as you will, for there awaits you a rich journey.

Its nature and function

July 25, 2001 A

JANU: The Light Body masters the elements of consciousness, of sojourning, the elements of life, and does so by embodying those principles that lead to the culmination of the imperative of life, and that is its ongoingness. This morning we shall include those principles in our journey. And let us say that there is becoming the principle of life known as a surrogate relationship with the cherishing of all life. Let us prepare, then, the Light Body for an excursion dealing with summarily this notion of progressed

understanding. It is time to incorporate into your experience the inherent motion of the Light Body and its dynamism. Allow, then, this motion to continue and it will bring into your experience the reality that the Light Body is never still or at rest in that sense.

The Light Body absorbs material of its own nature from other sources and intertwines with these on occasion when there is mutual interest. The Light Body takes on the memory of these and can convey these memories to the conscious mind. The Light Body can accomplish this without continuous direct involvement from the conscious mind. It can be a repository of the memories of journeys and is corruptible only by the guiding consciousness of the individual, you see.

The Light Body resembles an obelisk at times, to pursue a sifting or filtering of outside influences. This vehicle can take the shape of many configurations for a variety of purposes. The Light Body behaves well when encouraged to proceed within its natural parameters of existence; therefore, it is necessary to engage in a dialogue of knowingness as to its nature. This is by no means an inert reality. The Light Body can summon assistance from a variety of sources to compel understanding for its creator.

The Light Body is anchored through the middle of the physical body, along the cerebral divide and the spinal column. It is a light connection that can drift from time to time, depending upon the unity of the triune nature of mind, described in yesterday's journey. (See Crop Circle T-84, when published). The developing of the Light Body brings about changes in the relationship of the anchoring of mind in the human physical octave of life. It does so by awakening or bringing light to the connection of the attention of the vehicles of expression to their source.

Building a strong interface

Oct. 1, 2002 A

JANU: I am Janu speaking, having this day at our hand to dispose of an understanding as to the nature of and implementation of the Light Body. Organizing, then, this study into several approaches beginning with, as we have, a basic understanding as to its nature and what it facilitates. For the time being, we will continue in this aspect of understanding and today include a journey that brings to the fore an awareness of the presence of your Light Body and gain some experience of moving with it, relating to it and building a strong interface.

Let us do so, then, by announcing your intent to do so. This is accomplished through the action or activity of holding this pattern, or these patterns, in your auric field with your attention fully placed upon the Light Body. As this connection firms up in your awareness, the Light Body becomes an extension of your patterns of intent for travel, communication, creating, uncreating, optional realities. Do so now, our brother.

These tendrils of light entering your vehicles are the exchanges initiated by your patterns of intent. Be alert, our brother, to avoid haste. More of an allowing, you see, for the natural intensifying of this connection. Be patient. Hold these patterns stable and clear. And now move with the responses to these patterns of connection. The Light Body has its counterpart in the forms of your complete being and, by inference, conscious connection with your Light Body enhances the realization of your true nature.

You are correct, brother. This brings greater clarity of awareness that these achievements directly enhance the path of self-realization for everyone else that would choose it. You can observe how the Light Body electrifies a thought or desire with its

own substance and conditions itself to perform. Now move with it as an extension of your thought to embrace the Earth. And now experience simultaneous connection with many areas of interest. As these become available, further refinement of thought focuses the journey into specific areas. One can be as general or specific in purpose and priority as they choose.

When completed, withdraw orderly. It is possible to, in a certain sense, traumatize the Light Body by bringing disorganization and lack of symmetry in thought and purpose. In peace and harmony, and gratitude, withdraw from this journey, maintaining the conscious alliance just achieved.

The Light Body is an expression of your love for life

Jan. 19, 2004 A

JANU: To coerce the development of this vehicle is not possible, certainly not desirable. To remedy infirmity in the area of cognizance and engagement, we would suggest beginning with the demise of self-limiting identifications, perceptions. These can include reaching into the past, which is a limitation, for the past does not represent this moment or your potential. Also included are identifications with others, limiting yourself to common experience. Another is self-doubt, for the Light Body answers to, responds to, conviction and its ensuing peace. Expansive thought and embrace of possibilities, vision, and the embrace of, shall we say, targeted events on your horizon.

The Light Body is an expression of your love for life, not your fear of it. It broadens your horizon, for it facilitates its engagement. And your awakening builds upon itself by virtue of its momentum for, as you become conscious of the life in you, and the life that is in that around you, your Light Body grows from these connections. You are a radiant being and that radiance communicates with the rest of life. When you limit your self-awareness to your physical reality, you are limited to that reality. There are those who, as they awaken, touch life, know life, taste life more with their consciousness, with their radiance, than with their physicality. They extend themselves further than their confines.

Those who seek flight with machines are inspired by the creatures of the air. But the awakened one soars with those creatures and beyond for an experience that transcends mechanical flight. Effortless flight is one that brings one into such intimacy with the fuller reality that liberates one from a confined identity. The Light Body moves, in its way, through realities and brings into focus direct experience and understanding.

Understanding consciousness clusters

Oct. 22, 2004 A

JANU: Let us examine, then, that needed for the reclamation of those functions, those capabilities of the Light Body, travels to be included, with some extensions that tend to lead toward enhancement. The Light body core structure does not exist in your time frame reality, but offers the one who uses it exceptional ability to extend experience past common human endeavors. We would say that there stretches within this structure an agreeable component that reaches for stability of purpose and function. We have agreed to explore these elements, to make clearer the true nature of your existence.

Let us focus, then, upon the Light Body consciousness interface or connection and the ability to awaken, and awaken to, functions. The Light Body groups consciousness clusters of harmonious elements into vortices with a vector relationship toward objectives. We see into these through a complex pattern of arranged norms with a nominal characteristic. Past relationships extend to the periphery of these and lead to arrangements that organize further clusters of harmonious elements, each on a central theme. Clusters have residual influence or pattern that can be called upon when needed. The Light Body is the result of these and many other factors, revealing a capacity for a vast range of life.

The Light Body also builds upon the community of Light Bodies, species specific. There exists a synergism of influences across the spectrum giving way to supporting new species from time to time. We give you this beginning glimpse into a reality that is basic and complex, at once.

The Light Body serves a purpose, to stabilize and advance interconnectedness of the bodies of expression and enhance their functionality

Mar. 30, 2005 B

JANU: I am Janu speaking, rethinking then that which comes to the fore as a latent tendency to become a tradition of thought. We would quell any desire to examine the Light Body for the purpose of escaping a sojourn. The Light Body serves a purpose, to stabilize and advance interconnectedness of the bodies of expression and enhance their functionality. Now, the Light Body as such expands inwardly, meaning from the current ego identification to the platform of life or threshold that begins the search for nuance of expression, of being. To arrange a cluster of thought within the Light Body, to begin a journey, one must establish a peaceful beginning to active investigation. A Light Body can negotiate the dimensional realities as an extension of the ego when developed along this thought cluster. Many other capabilities are available.

The Light Body co-exists over the physical body in such a way as to bring about energy level rejuvenation, evolutionary enhancement, and revitalization. Its main purpose is to secure any drift tendencies in corporal alignments. Its extended purpose is to generate interest in expanded understandings and deliver insights. It reaches into the depths of human consciousness and potential and can describe that which brings order to the universe. It communicates directly with the Light Bodies of others, the Angelic Beings, and of course the Great Ones. It synthesizes emotions into light, and the light into emotions. It is the caretaker of the soul of souls and brings forth beauty in thought.

Consider these things, our brother, and begin your dialogue with your Light Body.

Enrichment of the Light Body

Aug. 26, 2005 B

JANU: Arrangements have been made this evening to begin a process called "enrichment for the Light Body." By beginning a regimen of connections to, or engagements of, certain Light functions, one can re-establish or strengthen attributes somewhat dormant.

Our first will be the solar influence, at its zenith when attuned to its solar body. This Light Body influence is significant in that it is attuned to most readily Light Bodies of other solar systems, forming a network, or grid if you will, for additional alignments,

you see. Let us focus then at this time on your solar connection, Light body to Light Body. Relate to the sun as does nature, to begin the pattern-match, you see.

Resonating with the Light Body

June 19, 2006

JANU: I am Janu speaking, as we warm to the focus for today's journey. Yes, as your mind moves through the substance of the Light Body, you can appreciate its viscosity, its density.

Let us explore, then, resonance as it relates to stimulating Light Body response according to its capabilities. To resonate with the Light Body, one must bring into balance a perspective of existence that correlates the beauty and magic of life with individuality or unique expression. For in the realm of the Light Body, there exist no parameters of existence that deny coexistence.

The Light Body is a vehicle of intimacy with many realities. The Light Body can sing the song or vibrational pattern of other life realities, whether it be a being or a thought or a creation of any kind. The Light Body can be awakened to perform the routing of the senses of consciousness, of awareness, into coherence when focused. As you become one with, or identify with, the Light Body, it brings support to the classification of life, of being, that enables the beginning of sentience.

The Light Body resonates to thought in the sense that it facilitates a dialogue of a kind between intent and the object of intent. One can project and shape the Light Body to touch and appreciate, or know, any other life. It touches life through vibration or resonance. One can hear the ring, or sound, of any part of life through the sensitivity and compatibility and adaptability of the Light Body. It is the sign of synchronization.

The GOD particle

April 11, 2012 A

JANU: We have what you have assumed to be the "developing of the Light Body" quest. Let there be known that this assumption is based upon a larger experience of which we have known to be the culmination of this pursuit in understanding. Let us take this, then, at this time, to a new level or reality in this direction.

The Light Body experience is a precursor to the more universal reality of a oneness with the rest of life. The Light Body interfaces with this, but in a certain perspective, is temporary. The Light Body serves a purpose, a transitional one from the slumber of incarnation to the fully conscious awareness of a much larger reality. This reality of which we speak lingers, as if on the cusp of a life that is more profound. Your scientists reach to create or discover what they call the "God Particle" in their colliders. This is far more fundamental to all existence. The Light Body is your most natural and best vehicle on this journey to completeness.

Let there be, then, a new perspective, a more realistic perspective, as to the nature of the Light Body and its purpose, its function. The Light Body is not who you are. It is a vehicle for awakening, for discovery, for connection, for movement through life. It is your "God Particle" and it is grand, indeed. This understanding opens the door to a more intimate relationship with the Light Body, furthering its development and yours as well.

New functions

June 4, 2012 A

JANU: The Light Body exists to propel thought, intent, desires, and the light of your being into further discovery of that which is life. The Light Body resumes its functions when the desire is there to engage life beyond the physical, which is, to a degree, stationary by comparison. The Light Body engages the Light components of the fabric of life in such a way as to be mutually attracted. The Light Body organizes elements of reality in its dimension, but can engage others as well, you see. The Light Body becomes more adept at its kind of movement when you are more acclimated to its reality.

Now, when benefiting from the Light Body's capabilities, one is not so much aware of it as the result of it. It is more than a vehicle of transport across life; it is a living presence that transforms wonder, interest, into engagement and then understanding. The Light Body resides in a pocket, if you will, a nesting adjacent to your auric field but slightly above in vibration. It is linked to your True Nature for the duration of this sojourn but has its roots in a tradition of the reality it is made of. So one draws upon this larger reality for the Light Body's creation, if you will, and development. Reaching out into life and to understanding, into affinity with and connection with your interests and your opportunities strengthens this, you see.

The Light Body is so named as to recognize its significance as a vehicle to explore the truth of life and your own nature. Let there be, then, a more conscious relationship with this part of your being as you connect with the Light Bodies of others. And, yes, a world has a Light Body as well, perfectly matched to its movement through life. And, yes, we have them as well; however, with differences for our needs have changed as our states of existence have changed.

Welcome Home

July 4, 2012

JANU: Developing the Light Body is a journey in exploration of an interface of sorts between dimensions. The Light Body develops when exercised and employed to reveal more of life. The Light Body succumbs to, in a sense, the impressions of intent or desire to achieve discovery, experience an interaction with life. This process occurs when there exists within the being a simple but profound desire for excellence in embracing life.

We see, then, at this time that the Light Body must overcome the denial by some that there is more to life than the physical experience, the physical body. The Light Body exists within its purpose to climb out of this well of darkness, by comparison, and achieve freedom in a much larger way; freedom to travel, if you would put it that way, the universe and the rest of life; the freedom to become all you have been and what exists beyond that.

The Light Body possesses a kind of determination to be. It is built into your pattern of life, your make-up, if you will, and it is a transporter of dreams, so to speak, into reality. It is the gift of life to uplift, to free, and explore. The Light Body is tempered by emotion and unlimited thought. We recognize these qualities as they exist. The Light Body responds automatically.

Our many journeys, our brother, are made possible through this function of your being, and our many journeys enhance it. Being filled with wonder, as suggested by the Master Noeth Atule (see The New Paradigm), is a wonderful beginning. So be filled with

wonder, then. Consider yet to be discovered possibilities and allow them to be in your experience. This is unlimited life, our brother. Welcome home and namaste.

The Light Body explained and beyond

August 23, 2012

JANU: I am Janu speaking, welcoming you to an adventure of sorts into a larger and finer realm of becoming Divine Presence, or should we say: aware of your Divine Presence.

Developing the Light Body, then, reaches into this domain of reality beyond realities and opens the door to the richness of life beyond your understanding at this time. The Light Body then being the vehicle of awakening and communication with the rest of life, the bridging experience from individuality to union, oneness, and peace beyond measure. For through oneness, one discovers that the unity of being in harmony with life brings one into awareness of their oneness with it, which is ‘divinity,’ our brother--the universal being, the conscious one, the connected one.

So what then is grander than the Light Body? It is a consciousness that is so one with life that its nature is to be co-creator, to understand, to grasp, to engage life’s further potential. The purpose of ‘being’ becomes clear, as seen and appreciated in all creation. The Light Body is temporary because it is a vehicle to a grander experience. When achieved, it becomes no longer necessary and is a reflection of something more universal. The freedom to be conscious as any or all of creation is a freedom lost in memory for many. The Light Body’s origins are rooted in the behavior of consciousness as it pertains to the journey into the denser reality of life.

Yes, it is possible to be incarnate, at least for a while, and connected with the Light Body and beyond. Our harmonious balance, then, of the presence of mind and the unity of being, a natural one, our brother, but not to everyone is this experience possessed. Anxiety, frustration, impatience, anger are limited realities and have no place here, for the consciousness is beyond these and understands them and their root and their destiny, to the minutest detail.

So the Light Body journey is a grand one and liberates you from pedestrian limitation.

Its nature

Oct. 2, 2012 A

JANU: Much might be said on this subject, for it includes the divine opportunity for everyone to return in consciousness to the rest of life, through this interface. This structure of life, born of each one’s desire to return to full engagement with the rest of life, full awareness, awakened consciousness, does not require each one to take full advantage of it. It is an opportunity, born of the desire of the True Nature to not lose oneself, one’s true self, in the seeming disconnect of incarnation.

The Light Body brings into view the fulfillment of desire to return to the awakened state of pre-incarnation and even more, you see. For awakening, our brother, is only the beginning of a larger life, a larger existence, a larger purpose, and a larger contribution. Awakening is the beginning. One might ask, “Awakening to what?” And that is the essential nature of this understanding. The fulfillment of awakening is becoming consciously one with all of life, and not only that, the Source of it all. Now, these words are easy to say, another matter to fully experience. Awakening to all is not

possible when one's identity is limited to the personality. So, you see, an evolving of current identity is a natural change.

Let there begin, then, an understanding that employment of, utilization of, the Light Body is part of this journey. You appreciate that, at certain times in your life, you have a moment of uplift, freedom, an appreciation of the moment of the life that you are currently aware of. Imagine, our brother, an experience far greater, and the greatness deepens and expands. The Light Body is the vehicle for this movement in life. It is sustained by the desire of your True Nature to embrace the life you know and open to the life you are. Let there come, then, the development of your intimacy with this Light Body and employment of it. Reach for greater understanding, direct connection, service, not just to your more limited existence but the grander reality of life in every venue. Love the Light Body and everything it offers into your life, into your searchings, into your communications local and anywhere in the universe and beyond. The Light Body is your vehicle to experience all of this. Develop your conscious relationship.

The Light Body you use during incarnation is not the same as that we use, for it does change its character when no longer on a cycle of rebirth. But we share the same magic, in our way, and it is wondrous.

More to understand as we continue these. Namaste, our brother.

More about its nature

Nov. 14, 2012

JANU: How then does one allow this reality to come to the surface and demonstrate its viability and purpose? One does this by acknowledging the wisdom of the True Nature for creating this in the first place, and attuning to the reason for it, and its presence. Even as we speak, and the attention shifts, stirrings are discernable in the Light Body. The Light Body is very alert, responsive, and active when called upon. When engaged, there is perceived a lightness in the ability to move through life with your consciousness, with your senses, with your wonder at its magic, diversity, and scope.

So, more than attention on the Light Body itself, its activation, its employment, its attention on what it allows, that being moving through life in your consciousness, embracing, understanding, and touching any part of life, anywhere, anytime. It is your passport for all journeys. And, in a way, this passport connects with other passports, other Light Bodies to reveal their revelations. With an open mind and an open heart, allow your consciousness to, without effort, with total freedom and in agreement with life, wander through it, touch it where you choose, embrace it, and be one with it. Your integrity is maintained, as is that of what you observe and connect to.

The Light Body is a vehicle for communication and its presence can be sensed by life elsewhere in your universe and in your locality. The differences between Light Bodies of others is not Essential Nature, but the accumulations of experience and connection as it develops, as it grows and becomes more intimate with more of life. Much to be gained from the Light Bodies of others, and by them of yours. Not the Light Body itself so much, our brother, but what it contains. Not contained by your perceived limits of their third dimensional reality of time and space, but free to move, in a sense, across these, through many other realities, as far ranging as there is life.

As we evolve together, we merge into one, awakening to pure being Dec. 28, 2012

JANU: Developing the Light Body is a subject that is very significant in the development of the life experience, the maturing of consciousness, and the service to life. Development of this concerns—rephrase: includes a growing harmony with all of life's essence, essential nature, vibration if you will, patterns, the Truth of Life called Light by some. Reaching then into the depths of consciousness, meaning the range, the Light Body develops when engaging more and more of life as it is.

Now, know this, our brother. The Light Body moves through and connects with all of life on every level, but is not limited to this. The Light Body knocks on the door, so to speak, of pure being and can be transformed into an expanded nature that blends with pure being. The Light Body achieves this by becoming its True Nature, no longer just a product of life, but becomes a factor and element in creating life. So never underestimate the significance of the Light Body. It is not sentient on its own, but becomes one with your sentient nature to where the two are indistinguishable.

So, yes, it is created by living and evolves as you do, by your choices, and your consciousness, and your journeys, and your service, and ultimately becomes one with you, and you with it, and you merge as one. Essentially your partner through life, ultimately you merge as one. And that merging yields the beginning of being conscious as pure being.

The natural way of life

Feb. 6, 2013

JANU: Although the Light Body is our focus this morning, there is another aspect of discovery related, of course, that must include the persistent call to nature as it embellishes upon the journey of the Light Body, which is your journey, as well, our brother. For, as you were previously informed, you become one. Now, as to this call of nature—and by 'nature' we mean the Essential Nature of life—the collective call of all that is, to return to origin, the fruits of the journeys of experience, wisdom, and enlightenment as the collective of life evolves. The call to nature is sensed by all of life. Your Light Body is particularly well adapted to this and not easily distracted from this calling, you see. The naturalness of nature reveals the reason why the call to nature is universal.

What role then does this call play, in your choices, your decisions, your conduct, your relationships, your quests, and your victories in life, and your well-being? This call reminds your entire being to return to an equilibrium of balance, of symmetry, that allows connection with, in consciousness, all that you embrace and observe. It is a foundation for a peace that remains with you and, yes, guides you as you journey. For this reveals common ground and the patience to explore with confidence. The Light Body, then, our brother, is a shining, so to speak, example of this call, this beckoning to return to balance and equilibrium as a foundation for your endeavors. Not just in these journeys, but all the time, our brother.

Now, one does not create this but allows the return to their nature in their thoughts and feelings and relationships. Reaffirm, embrace, and become the natural way of the nature of life. Find it and be it in the smallest, briefest things. The natural way of life is a worthy journey of exploration.

The nature and function

March 18, 2013

JANU: We would like to say that this represents a significant aspect of the journey from the physical reality of your existence to that of universal consciousness and the Source of Life, for there is a harmony in relationship between all thresholds of life and this Light Body. It's an example worthy of exploration and development, for it prepares you for, guides you to the rest of the thresholds of life relating to a greater oneness with, and the realization that you are, life itself. Development, of course, must pertain to an elevation of consciousness into that form of life, that element that immediately responds to your interest and embodiment of those principles.

Now the love of life we speak of here is the embrace of life as it is, and your contribution, embracing life beyond the individual experience of humanity, brings about a change in the Light Body as a facilitator through the journey of life, not so much to be seen but to be benefited by. Yes, you have sensed its presence, even this morning, our brother. Allow the Light Body presence to influence your perspective during your observations of the diversity of life, appreciating more the beauty of this diversity being an expression of the one life. One yet many. The Divine Paradox.

Now the True Nature of Light Bodies are not strangers to each other and they have a natural communication and as you mature in your enlightenment, realizing that it is you, the Light Body becomes a communicator with other life paths through their Light Bodies. This contributes to connection with other lives and other worlds, virtually instantaneously, for its sensitivity to the rest of life is a function of your journeys.

We are Light Beings as well, our brother, and speak to you from experience and direct observation, gladly sharing what we know and what we are. Live, then, in the moment, our brother, being one with life and experiencing and understanding its beauty, its connectedness with all of its elements and expressions.

How it functions

May 22, 2013

JANU: The Light Body we speak of employs a number of features or faculties that work in harmony with your True Nature to further life's journey. Now then, to employ these features, a fundamental theme is the love of life, exploration and relationship that enriches it. The Light Body itself is a combination of drawing strength from your True Nature and your desires to awaken and achieve, but also from the fundamental principles of life that are the foundation for its existence, you see. The Light Body demonstrates the imperative of life to engage its potential, manifest its realities, and develop consciousness.

You ask, "Where is the Light Body?" It is a non-physical reality that can be seen or perceived, but not in a location in the sense of physical space, time and distance, you see. It is not neutral or static in its presentation or behavior. It is employed by you to engage a full range of life. The most obvious way to perceive its development is by the fullness and the range of journeys in consciousness in your life. For some, the journeys extend only to the realities of their community and Earth location. For others, it is exploring the Earth. And others yet still explore the universe. And others yet still, the Source of Life, the principles of being, the magic of the moment, the Now.

The Light Body is with you in all of this and develops in harmony with these adventures. It is the vehicle of communication and travel, travel in a sense. The Light

Body is not limited to the existence of your incarnate body. It is linked through your consciousness, your True Nature, your life force. But it can communicate, or allow communication, facilitate communication with the rest of life. It is not a separate being or entity, with its own agenda. It is a byproduct of desire and intent to explore life. It belongs to a group of realities that are the consciousness aspect of the elements of creation, and not just physical, you see.

In time humanity will embrace understanding and connect with the rest of life beyond physicality, which is vast and diverse, and not try to measure everything in understanding by physical realities. The Light Body is capable of this, when directed. But first you must become aware of the many directions of exploration and possibilities to explore. You reach for these with your consciousness and the Light Body is your vehicle of connection.

How it serves you

July 12, 2013

JANU: The Light Body as such belongs to a group of realities that exist throughout the universe to facilitate its self-discovery and coming together, so to speak, together in understanding, connection, oneness, purpose, and support. The Light Body can be seen as a vehicle for exploring life more fully, to discover and connect with the full range of the nature of love.

The Light Body's relationship with your life experience is a loving one, for you sustain each other, enrich each other, and are inseparable. And journeys in consciousness are not an abstract experience, off the main track of life. They are the essential nature of life, of awakening. Light Bodies are not physical realities, and neither is consciousness. Yet where would your life be without them?

Life, our brother, from an un-awakened perspective—and even from an awakened one—is a very magical reality, full of wonders, seemingly impossible possibilities, not to mention the True Nature of your own existence and reason for being. The Light Body is your companion on these many journeys and evolves in its ability to serve them, to serve you.

The Light Body emanates from you, interfacing your interests, your desires with the objects of them. The quality of its connection with life is a function of the integrity and purity of your desires and the love you have for exploring life. Now, as we have said before, Light is the truth of Life, and your Light Body is the truth of you. Some explore life to conquer, to gain possession and power. This does not lead to union with life, our brother, but only union with limitation, self-absorbing until little is left. A gift of embracing and discovering life and its truth is to enrich it and, as it is enriched, all of life benefits, evolves, and embraces its future, its potential, successfully.

So the purpose of the Light Body is not to see it as such but allow it to serve you in developing your consciousness and your relationship with everything.

A life connection

Sept. 2, 2013

JANU: I am Janu speaking, welcoming the opportunity to proceed along the lines of discovery, understanding, and examination of the Light Body. This vehicle of connection, interface, for each individual, is a rarity in the consciousness of humanity, but it is there

nonetheless. It is not activated or utilized directly but as the response to desire to know, to connect with life, to explore and understand the many realities and their content.

You ask the question, “Can Light Bodies connect with life beyond time/space?” ‘Yes’ is the answer, but there are limits and the limits include the nature of life fundamentally. The consciousness and the Light Body are not one and the same. Their functions are different, but they influence each other. The consciousness, the True Nature, is who you are. The Light Body is a component that moves about and through life with a freedom not possessed by the physical body. It can be developed into something akin to, or a partner with, your True Nature; but more as a vehicle for your consciousness to connect with life.

Developing the Light Body in this manner requires an integrity or purpose and desire to interface with life. This integrity is described by, but not limited to, a love for life; peaceful, harmonious relationship; and contribution, service, if you will. The Light Body responds best to these and helps organize your vehicles for multi-dimensional interface. It can represent you as a presence, so to speak, to those who have such attunement. And it does reflect or express your agenda of harmonious discovery and the potential for service. It can linger most anywhere and can have simultaneous presence as your consciousness becomes equipped for this.

So, your attention is not on the Light Body itself, but it responds to your desires and motivations. And, yes, the Light Body is another of Life’s elements to find oneness through direct experience in exchange. Life, our brother, is a system, a network of realities that do function with mutual benefit. And the Light Body is part of this. Developing the Light Body is developing your relationship with life, with all of your vehicles of expression, your consciousness and your True Nature. Enjoy the journey, our brother, and all of life will benefit. Namaste.

The reality of the Light Body

Oct. 23, 2013

JANU: The Light Body experience can be enhanced by the awakening of curiosity, the desire to know and discover, and the love of self which brings harmony to all of the vehicles of expression.

You ask, “What is it within the nature of the Light Body that develops?” The answer is patterns, crystallized in such a way that the Light Body can respond to desires for experiencing more of life with structures of its own nature, through the engagement of these patterns that develop through experience. Adding, if you will, facets to the Light Body that can now respond to life realities and their patterns and facets of connection to the nature of life. Observe the changes in many creations that experienced time and challenges and victories and unknowns: the lines in the face, configurations of the brain. We are not suggesting here that the Light Body becomes old and unusable, but the nuances of its existence are added to, increasing its function, its ability to accommodate the desires of consciousness.

Yes, the Light Body has its own consciousness, to a degree, not to control your life but to help you explore and connect with life. As your love of life and accumulating wisdom and maturity build, the Light Body is enhanced to respond to your interests, your quests, that refinements become your experience when interacting with life on your adventures, your journeys, and your service, and becomes an extension of your

consciousness. Similarly, the operation of your vehicles of transportation becomes second nature and an extension of your will and your intent more automatically, so that your thoughts and attention are not limited to the activity.

You ask if the Light Body can be considered or compared to the other natural bodies, such as etheric, emotional, mental. The answer is yes and no, for the Light Body is a servant to your desires to engage life and discover and awaken, where the others serve your vitality and the interface of your consciousness with physicality. But, nonetheless, a natural and vital partner in exploring and engaging life and developing the consciousness to understand.

Yes, it is useful, our brother, to acknowledge the Light Body and desire its well-being. And always, gratitude for it, for you are one. Namaste, our brother.