

## **Energy Class #3 (October 2, 2011)**

### **The Nature of Energy - Aldeene's IB Speaks**

I can feel Inner Beingnesses (IB's) in a classroom setting. Aldeene's IB is talking about the Nature of Energy. One form of energy is balls of energy. They are showing this ball of energy, focusing on this swirl - the way this energy moves. It swirls to maintain the shape. It feels like the centre is very powerful. Joyelle says, The centre is like the centre pole of gravity. The centre pole of energy feels very critical – a point from which energy moves outward. Joyelle agrees, and says that energy can be sent with intention. They are breaking it down in slow motion, like a concentrated way of focusing. It is a very powerful way to send energy.

She is talking about the continuous nature of energy. Energy is continuous. It also returns to the sender spent. She's talking about how energy being sent from IB's, and how it comes from the heart – she calls that pure intentions. She's showing the heart turning into a generator. The focus is still in the heart, showing the heart revving up energy in the heart chakra. As it revs up, there's a switch inside, like a 'control mechanism.' It is like turning your intentions on, and it starts to go faster and faster. They are showing an image of how the heart is becoming a generator for energy being sent. The intentions switch is on, and everything is moving very fast. IB's are being turned into an energy generating machine. The IB's body is lit now – they are extraordinarily focused – nothing else but pure generation.

They are working together in some capacity. When lined up together, they create another energy sending body comprised of IB's themselves, and in that combination of working together, they can send energy really far. IB's line up and send energy - this way is very powerful. When they line up, they are all together, they merge into one intention, and energy is sent long, long ways. They are showing me how energy can travel far, far away into the universe.

The energy is travelling to a planet nearby. It is the Red Planet. We are not alone in this battle against Darkness. One of the planets that will help out is the Red Planet. There is an energy coming out to receive the energy, or meet IB's energy. Joyelle says, The energy is coming from the beings on the planet. You can hear their energy and energy from IB's also talking – it is like a greeting.

### **Energy as a Form of Communication**

Energy can also be a way of communicating. I ask if this is a typical way of communicating with energy. Joyelle says, You do this all the time on the Earth Plane but do not realize this. She says when one sends energy in the form of communicating, it is not like the same as to do other things, like Defense. Communications energy is very different. It is like talking with energy, not words or

thought. IB's always communicate this way. She says that Divine communicate this way with one another.

### **Communicating Energetically with Other Beings**

IB's are practicing sending energy in a circular pattern. Others are still communicating with beings from the Red Planet. They are talking about the battle, like exchanging intelligence. They are sharing information about Darkness' armada. They are talking about one of these supped up\_ (forms of Darkness that look like) airplanes – its strengths and weaknesses. They are talking about how to cooperate in working against these forms of Darkness.

### **The Divine Sends Love Energy**

They are showing the next form of energy, evading or going around in order to reach a target. Joyelle says, This energy form can be manipulated to go in curves and around things, not just in straight lines. It travels so fast, it disappears except one sees it going around the corner. Joyelle says they manipulate it by sound waves. Divine Acer asks me to feel the energy. It feels like a chuckle. Joyelle says that energy can be sent with many messages. She says we send love energy when in battle. There's a form of Darkness there and they are projecting energy onto it. It is Love energy, and it will transmute it. When the Darkness is dispersed with the energy sent, Love will transmute Darkness. Many things are happening. Some IB's are communicating with beings from the Red Planet. Some are working on the form of Darkness. It seems that at a certain point, the form of Darkness begins to shake – it trembles at its demise. As they work on the form of Darkness, I see it shrinking.

Notes are very important for Outer Consciousness. We recommend that OC needs to read them for the next set of classes. I asked if this was so OC can get on same page as IB. Joyelle says, we recommend that it is so OC understands their IB's. So the two will be together – IB and OC.

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### **Questions and Answers:**

Are we supposed to stay in the body? She's feeling what her IB is doing.

Joyelle: we recommend that when your IB asks you to come out, this is good.

Because then you as OC will be able to experience more of this class. Ultimately, we would be conscious of both at the same time?

Joyelle: Ultimately.

If Joyelle could speak to the appropriate role of OC. If OC gets too involved, I think it could interfere with what IB is doing, or put itself in jeopardy.

Joyelle: the appropriate role of OC is to follow their IB.

Does she mean to follow them out, or whenever they ask something.  
Joyelle: follow what they ask. Her IB has asked her to come with her.

My impression is that OC's purpose is to align perfectly with their IB?  
Joyelle: Yes, this is very, very much what is supposed to happen.

So for me, I don't feel what my IB is doing so should I just rest in my heart area?  
Joyelle: we recommend that for those who do not yet experience their IB to this degree, to rest in your heart.

Pearl: From my experience so far, during many sessions etc, I find that what they want when OC is invited to join in the picture, not only is it is very clear, there is a place where they want you to stay, so you don't put yourself in harm's way. It is more as an observer, never the do-er. Joyelle: Only the servant of IB.

Pearl: I'm very much aware when one is invited in by IB to observe according to what they ask and to be where they ask of you. Just so that people are aware there's still two OC being asked to observe or be of service in that role, and then there is still Untrue OC present that you have to be aware of – that's the ego part that wants to get involved.

Joyelle: That Untrue OC that wants to participate will not be able to let their IB have complete freedom. We recommend for those who can do this – send Untrue OC into the classes, that they remain in their hearts.

Are our IB's doing things like this during the week?

Joyelle: Your IB's are doing things during the nighttime while you sleep.  
What about napping?

Joyelle: usually, they are close by when you nap.

The need for the nap, is that logically the reason we're so tired.

Joyelle: you are very tired from this inner work. Everyone will need to rest.

In my experience, the part of the ego that isn't aligned is held back. It doesn't get to come along and know. Am I accurate in my perception of that?

Joyelle: we recommend that he can do this – send an Untrue part of himself to the classes. Yes, for him, we recommend that he stays in his heart.

How do you stay in your heart?

Joyelle: staying in one's heart means to feel the heart and rest there. Be aware of where you are inside.

Can Joyelle take away agitation too?

Joyelle: we will remove the things that are causing this.

If you imagine yourself fighting Darkness, is that part of the Untrue Self?

Joyelle: we recommend that this is what you call imagination – this is okay.

I feel agitated – before, during classes.

Joyelle: we will remove these things. **Darkness does not want you to come to these classes. It will make you late, not want to come, and tell you not to come.**

For clarification, is the pressures I feel – it's Darkness or the upcoming battle causing it?

Joyelle: it is trying to make you uncomfortable so that you will not come.

Does it have a knowingness of what we're up to?

Joyelle: because it knows what the classes are about, but not True knowing, like senses.

What is the best defense against that? Should we put it into the powerball?

Joyelle: No, not Darkness into powerball. We recommend ask us when Darkness is with you, and we will remove it.

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We concluded the class with words of gratitude to the Divine.